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tonight

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your inner vixen

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that will save
you money

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FACE
OLDER
THAN YOU ARE?**

Find out, p.49

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chicken dinners

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than 29

**Julia
Louis-
Dreyfus**

lets us in on
her secret

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Makeovers**

for your home, your look,
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MARCH 2010

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March



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These baubles get us a little green-eyed.

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Apply a bright, juicy shade of orange to make your lips pop.



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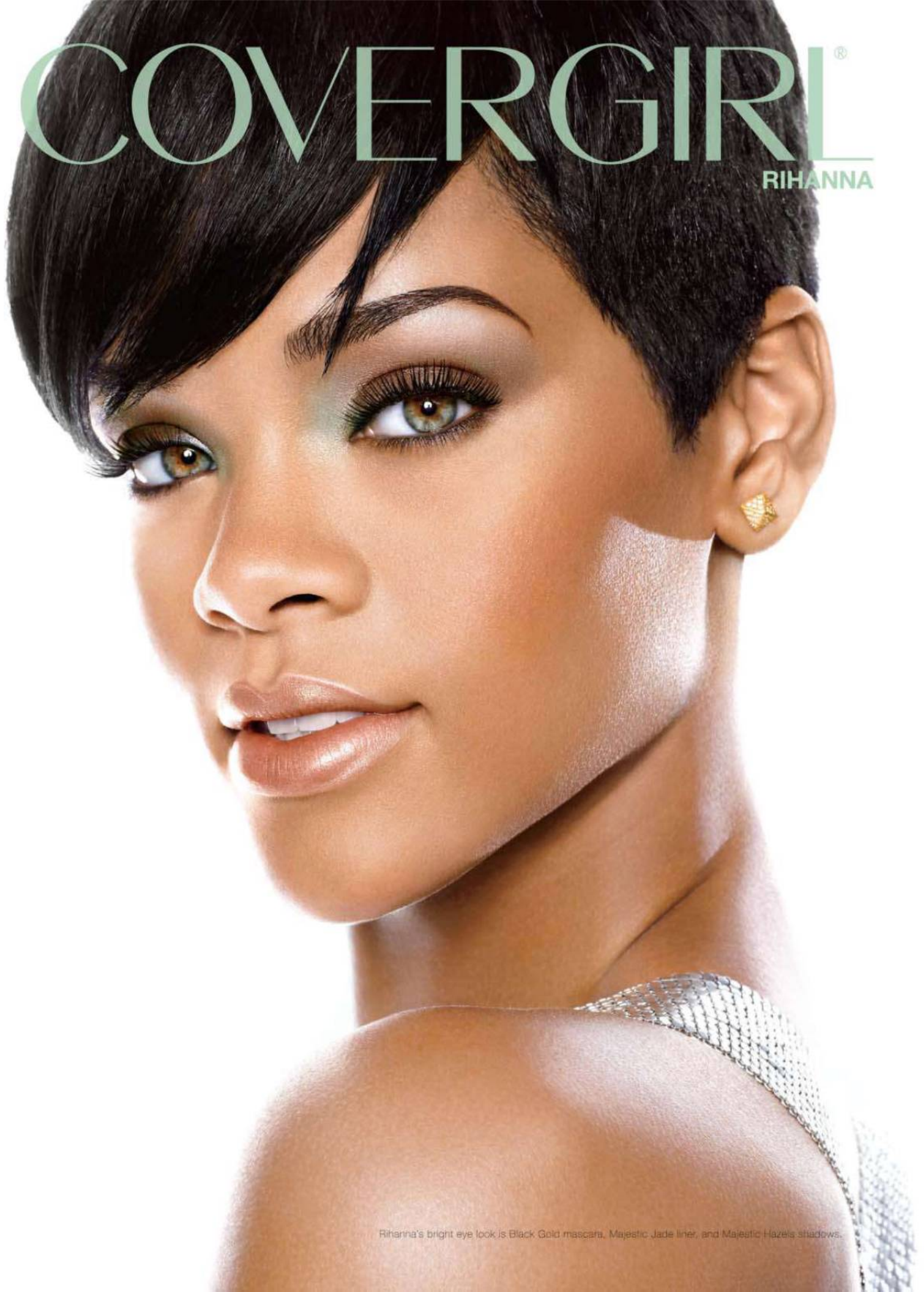
WIN!

Win a makeup look just like Julia's! Lancôme will give 10 REDBOOK readers the full set of makeup mentioned here. Log on to redbookmag.com/marchcoverlook for the chance to win.

Julia Louis-Dreyfus photographed exclusively for REDBOOK by Matt Jones. Hair by Enzo Angileri for Cloutier using TRESemmé. Makeup by Karen Kawahara for Cloutier using Lancôme. Manicure by Cheryl Scruggs for SoloArtists.com/OPI. Prop stylist: Kadu Lennox for Frank Management. Stylist: Wendi & Nicole for The Wall Group. Dress by Zac Posen. Jewelry by Me & Ro. Get Julia Louis-Dreyfus's cover look with makeup by Lancôme and hair care by TRESemmé. Makeup: Lancôme Color Design Eye Shadow in Chic. Le Crayon Khôl Eyeliner in Black Coffee. Hypnôse Drama Mascara in Excessive Black. Blush Subtil Powder Blush in Capucine. L'Absolu Rouge Lipcolor in Couture Suede. Hair: TRESemmé Naturals Lightweight Mousse.

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RIHANNA



Rihanna's bright eye look is Black Gold mascara, Majestic Jade liner, and Majestic Hazels shadows.



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*collection vs. bare eyes.



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March

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This delicious chicken dinner packs tons of taste and crunch.

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Good-bye, blotches; hello, even skin!



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instant
updates

Spring awakening



This time of year, I definitely start feeling a little restless: I'm ready for winter to be over, I crave more sunlight, everything in my home looks blah, I can't bear to wear the same gray sweater and gray pants again.... You know how it is. That's why working on our March issue is always such a relief and a joy, because we spend weeks brainstorming dozens of simple little makeovers, finding easy ways to get some sparkle mojo going in your home, your closets, your life. There are actually moments in the office when we all let out a little "oooh" and "aaaah!" about an inspiring idea we love. And I gotta say, that feels great.

Our goal with our Instant Updates issue? To help you give everything in your life—from your wardrobe and kitchen to your health and budget—an instant lift (without a major cash investment!). Look for the Instant Updates stamp throughout our pages. Wish you could make over your kitchen? Try an easy, affordable new backsplash instead (page 125). Tired of the same old chicken recipes? We have six new ones for you to try (the lettuce cups are my favorite; page 133). Crave a new wardrobe? How about two truly wearable trends that will go with everything you already own (pages 35 and 36)? We call this kind of thinking Chiconomical—so why not try it for yourself and see how instantly you can feel, and look, great!

Stacy



Stacy Morrison, Editor-in-Chief

redbooked@hearst.com

www.facebook.com/SLM17

What can you learn from divorce?

It's hard to believe, but after more than two years in the works, my book—*Falling Apart in One Piece: One Optimist's Journey Through the Hell of Divorce*—is going to be published on March 23. It's my own story of what divorce brought me: Yes, pain and tears, but also the incredible gift of coming to terms with the fragility of life, as well as newfound confidence and peace. My goal in writing so openly about such a personal struggle was to show divorce as it really is—an event of tremendous grief, not anger—and to reassure anyone who is watching a cherished dream fall apart that life has many lovely discoveries waiting for you, even on the other side of heartbreak. Look for the book at Barnes & Noble, or go online for a special discount for REDBOOK readers—35 percent off at bn.com/redbook.





COLORS IN A MODERN MOOD

Color is back with a "pow!" this spring, and you'll want it on clothes, on shoes, on your nails. In today's fashion world, nails are the "it" accessory – and the **Hong Kong Collection by OPI** includes all the best shades to wear with all the best looks. What I saw on the spring fashion runways in New York, Paris, and Milan is modern chic at its best. A combination of strong and sexy; fluid, body-skimming lines; textured leathers and metallics; colorful boho and floral prints. Try any or all of these looks, with nails in shades from dazzling gold to richest blue, jade green to starry violet. And look for six of these Hong Kong shades on select Dell™ laptops at opi.com.

Turn up your color energy – it's spring!

Suzi Weiss-Fischmann
OPI Executive Vice President & Artistic Director

FIRST LADY OF NAILS SUZI WEISS-FISCHMANN

Executive VP & Artistic
Director of OPI, talks beauty,
fashion, color and lifestyle



LACQUERS FROM LEFT TO RIGHT: RED MY FORTUNE COOKIE, BLING DYNASTY, A GOOD MAN-DARIN IS HARD TO FIND, HOT & SPICY, CHOP-STICKING TO MY STORY, JADE IS THE NEW BLACK, SUZI SAYS FENG SHUI, DIM SUM PLUM, MEET ME ON THE STAR FERRY, LUCKY LUCKY LAVENDER, PANDA-MONIUM PINK, PEARL OF WISDOM

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2 minutes to a flat tummy

Too crunched for time to do crunches? Not with this two-minute ab video workout that will sculpt your middle and strengthen your core. redbookmag.com/abworkout

Hollywood weight-loss secrets

You don't need a Hollywood address to get a house call from a fitness pro. We asked personal trainers to the stars to reveal the tricks that whip their clients into red-carpet shape. redbookmag.com/starsecrets

A firm-body booster

Finally, a total-body routine that multitasks as much as you do! These moves target several trouble spots at once to tackle everything on your "to do" list—no major equipment required. redbookmag.com/bodybooster

10 ways to beat bloat

Still having trouble fitting into your skinny jeans? Water or, *ahem*, gas may be the culprit. Learn what's making you balloon, and get home remedies to deflate fast. redbookmag.com/beatbloat



REDBOOK needs your vote!

Who's the hottest husband? You decide!

You submitted tons of entries for our America's Hottest Husband contest, and we perused them all to choose the foxy finalists. (*Tough job, we know, but someone had to do it!*) Now it's time to pick the winner. Cast your ballot at redbookmag.com/hothusbands.

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OLAY

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MISMATCHED? MAYBE.
STAINED? NOPE.

STYLE IS AN OPTION. CLEAN IS NOT.



UNGUILTY pleasures

Eight ways to indulge this month.



Look chic, spend less

One trend we're loving now? The return of the ladylike handbag. This quilted bag with a gold-chain strap has the look of a classic French purse, without the Parisian price tag. Mark makes it for just \$28 (not euros!); find it at meetmark.com.

Drink up, calm down

Two-drink minimum? Well, two per week is what a Norwegian study suggests. The researchers found that moderate drinkers are less likely to suffer from anxiety and depression than nondrinkers and heavy drinkers. Just one more reason to say "Yes!" when your friends ask you to grab a cocktail.



UNGUILTY *pleasures*



Chew gum, lose weight

Three sticks of sugar-free gum over the course of an afternoon reduce hunger and cravings, and even lead snackers to eat fewer calories, says a new study from the Pennington Biomedical Research Center and Louisiana State University. Stash a pack of Wrigley's sugar-free 5 gum in your bag—its fancy wrapping and fab flavor make chewing gum feel almost elegant.

Spread gossip, build relationships

Four out of five conversations that we have are about someone who isn't present, according to a study by Nicholas Emler, a professor at the University of Surrey. But that's not necessarily a bad thing: Gossip has been shown to cement social bonds and help people adapt to their culture.

Buy trinkets, fight poverty

Five dollars for a beautiful beaded bangle? At that price, you can afford to stock your gift closet. Your purchase will support Bead for Life, an organization that gives back to struggling women in Uganda. At beadforlife.org.



PHOTOGRAPHED BY MARKO METZINGER/STUDIO D (2)



Run the dishwasher, conserve water

Six times more water—that's what you'll use when you hand-wash your dishes instead of using the dishwasher. So save your hands, your time, and the planet!

Study less, learn more

Eight minutes is the attention span of the average adult. Use your time wisely: iMinds MindTracks mini audio-books are eight-minute lessons that help fill in the gaps in your general knowledge. Learn about krumping, REM sleep, lobbyists, Yellowstone National Park—and be prepared for nearly any cocktail conversation. \$1.69 at iMinds.com.

Eat cupcakes, save calories

Seven shots?! Yes, they are intoxicating, but at just 45 calories apiece, all these “shots” of cupcake frosting have about the same number of calories as one regular cupcake. Cake-free cupcakes are showing up at bakeries nationwide; these amazing little mouthfuls are from Miami's Buttercream Cupcakes & Coffee (buttercreamcupcakes.com), which will ship premade frosting shots anywhere nationwide for only 75 cents each, plus shipping. And there's no minimum, so you can order just one shot. (As if!)



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Olay deep cleansers pictured.

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***“I’m much more confident
now than I used to be”***



JULIA

likes it

HOT

Julia Louis-Dreyfus has been funny for a long time. She's been a great friend. A hardworking mom. Sexy? Not so much, as she'd tell you herself. But these days, the actress is more stunning than she's ever been—and she's finally ready to do a little showing off.

By Laurie Sandell Photographed by Matt Jones

Julia Louis-Dreyfus digs into her breakfast at a low-key joint in Santa Monica, CA, and, watching her, it's hard to believe this is the same person who played frumpy, insecure Elaine Benes on *Seinfeld*. She is the picture of confident womanhood, glamorous even in a casual top and jeans. We were prepared for goofy. Charismatic, sure. But glamorous? Radiant? Julia Louis-Dreyfus? This 49-year-old is clearly doing something very right, and, well, we want what she's having.

Certainly, hard-earned success and a career built on doing what she loves contribute to Julia's glow: At 21, she was the youngest woman ever to join the cast of *Saturday Night Live*. ("Really? I didn't know," she replies when I mention it.) Her nine-year *Seinfeld* run earned her worldwide fame and multiple Emmy nominations. Her current hit comedy, CBS's *The New Adventures of Old Christine*, in which she plays a divorced mom, gave her an Emmy win, breaking the so-called "*Seinfeld* curse," which doomed every show starring its former cast members to failure.

In the cutthroat, male-dominated world of comedy, Julia has managed not only to hold her own but to *last*—no small feat, when you think about all the *Saturday Night Live* faces that have ended up in the "Where are they now?" files. And unlike many comedians, who seem glum, even a little depressed, in person, Julia is upbeat and funny. (When asked what gives her an instant laugh, she replies, "Um... it would have to be a fart. I'm not an intellectual.")

So how does she hang in there—and keep getting better? Julia credits her husband of 24 years, the writer Brad Hall, with helping her stay grounded. "I rely on him," she says. The couple regularly take their two sons, Charles, 12, and Henry, 17, on far-flung adventures but equally cherish the downtime they share at home. In many ways, she's a typical mom: She arrived a few minutes late to our interview because she'd forgotten to give her son

his permission slip. Add to work, marriage, and family a few deep, longtime friendships—in two days she'll celebrate her birthday with some of her very favorite women—and you've got Julia's simple but essential life ingredients. Here is a woman completely at ease with her choices and where they've taken her—and why wouldn't she be? "I'm in a really good place," Julia says, flashing a wide, warm grin, "I feel grateful to be here."

You and your character, Christine, both juggle very full lives. What have you learned from her over the past five seasons?

Absolutely nothing! I've learned what *not* to do. And as the years have gone by with this show, Christine has just disintegrated into more of a mess than ever before. She's a very well-intentioned person for the most part—certainly regarding her own kid. But despite those good intentions, she's a fool.

Well, it makes for perfect TV. It certainly does!

You've been an important member of a number of boys' clubs over the years—*Saturday Night Live*, *Seinfeld*, and you have two boys of your own. How did the experience of being around all those men influence your work?

If you are thinking about gender, it will get in your way, so to a certain extent, you have to toss it aside and push forward. But I've worked around men a lot, and I'm probably more assertive as a result. I'm also much more confident now than I used to be.

Is there anything women can learn from men, and anything men can learn from women?

Totally. I mean, I love men. And I like the directness of the male sensibility. And I like the sensitivity of women. So, you know, it's a good mix. I'm hoping that's something



I've been able to impart to our children. I'm not the sole imparter of that, of course. My husband is a sensitive guy too. But there is a softness and a sensitivity to other people that I hope my boys are learning. And I think they are.

You've said before that you feel like it wasn't until you hit your 40s that you started to feel great about your body and style. What changed?

I don't know. I think... Well, I started working with a costume designer who was interested in me wearing more fitted clothes. And I didn't used to do that. I was shy. Because I'm so short and small, I used to wear things that were too big for me, that weren't flattering. So I got some good advice that helped me find more body confidence. I mean, I'm not a superskinny person at all and I always... I guess I sort of wanted to be. But now it's like, *Yeah, I'm womanish. I can take that, it's cool.* I started to own it. "I am totally womanish—so stick that in your pipe and smoke it!"

When would you say you feel most beautiful?

When I'm superskinny. [Laughs] No, but I always feel good after I exercise. I run, hike, do Pilates. I try to change it up.

HAIR: ENZO ANGILERI FOR CLOUTIER USING TRESEMME. MAKEUP: KAREN KAWAHARA FOR CLOUTIER USING LANCÔME. MANICURE: CHERYL SCRUGGS FOR SOLOARTISTS.COM/OPI. PROP STYLIST: KADU LENNOX FOR FRANK MANAGEMENT.



"I'm totally womanish. Stick that in your pipe and smoke it!"

You and your husband have been together for over 20 years. What does it take to make a relationship work over a long period of time?

You've got to find the right fellow. It is kind of basic, but very crucial. Brad and I certainly have similar goals and sensibilities; we're on the same page in terms of how we want to raise our children and what we like to do. We're always trying new things together—having adventures is a great way to be with your partner.

What kind of adventures?

We do so much. We travel a lot. A couple of years ago, we went river rafting in Chile. It was unbelievably exciting.

What do you love most about your relationship?

What I love most is that at the end of the day, [my relationship] is the most important thing—and I can rely on that. My husband's opinion is important to me. I

want to know what he's thinking about. He's a real moral compass for me in so many ways. I'm never not interested in his point of view. So that's a primary thing.

Do you have a favorite recent memory?

This past Christmas was really lovely. I can't say that anything gigantic happened. It was very cozy. We went for a big family beach walk. But it was spectacularly calm and just sort of a profoundly happy day.

You and Brad are both very involved in environmental projects, another place where your sensibilities link up.

We've both been working on that cause for years. Norman Lear once said, "Celebrity is something you can spend." So I try to raise awareness for grass roots organizations, like Heal the Bay and the Natural Resources Defense Council. It feels like the right thing to do.

What's one of the biggest challenges you've faced as a mom?

Staying calm in the face of anything you perceive as a crisis.

How do you do that?

I don't know. I'm still trying to do it. Let me get back to you in 10 years. Well, I don't even know if I'll be able to then.

Has it been hard to raise kids while working on a hit show?

Yeah, the working-mom thing is definitely tricky. Guilt is a bitch. It's so useless as an emotion, for me anyway. It clouds things. I'm not saying people shouldn't feel guilty, but for me, it makes certain decision-making more difficult. And I have felt guilty. It's one of the reasons I haven't made a lot of movies. Network television is a full-time job, but it's manageable. I also think it's good for my kids to see me have artistic desires, work hard, and have success. ►

Has that gotten easier as they've gotten older?

Definitely. When I was doing *Seinfeld* and my oldest son was a babe, I had a nursery set up at work. I would nurse him, then run out onto the set, and I always felt like, *Who am I, here?*

On the show, Christine has to deal with some catty moms. Have you ever had to negotiate parenting peer pressure?

Not to the extent that Christine has, but there is an element of that. Many years ago, I went to [my child's] school and ran into a mom who said, "Oh, Julia, I can't believe I'm seeing you. We never see you anymore!" I was already consumed with guilt because I'd been working a lot. But I just put a huge smile on my face and

said, "Oh, really? I guess you haven't been here when I have."

Has anything surprised you about being a mother of boys?

Well, I have four sisters. I went to an all-girls school. So I just assumed I'd have girls. It didn't even occur to me that I might have a boy, let alone two.

Sounds like you never lacked for female company.

Oh, I loved it. There's a certain way in which being around women is very comforting. In fact, I've got a birthday coming up in a few days, and I'm going to be getting together with a bunch of my women friends. We are just going out to dinner, but I love doing that with my girlfriends. That's fun.

Do you have more guy friends or girlfriends?

I spend most of my social time with women. Obviously, I have friends who are men. But when it comes to lunch, or going hiking, or anything like that, I do it with one of my girlfriends. I'm also very, very close to one of my sisters who lives out here. These women are a safe haven for me.

Are you looking forward to your birthday?

I always look forward to my birthday, and then as it approaches, I get anxious. But only because I want to do something of significance, and I can never figure out what that should be.

Is there anything you wish you could tell your younger self?

Well, sure. Wouldn't we all love to be able to take what we know now and give it to



1983

Clockwise from above: Julia making merry with Gumby (Eddie Murphy) on SNL, rocking Elaine's boho style on *Seinfeld*, showing off her sexy self outside *Letterman* and at the Emmys.



1993

Then, no... Now, wow!



2009



2009

ourselves 10, 15, 20 years ago? On the other hand, the journey of getting to where we are now is kind of fabulous, so... I guess really the bottom line is, "Trust your instincts."

So we should trust your instincts.

Everybody should trust my instincts. That is my advice to all of your readers. **R**

JULIA'S SPLIT-SECOND WISDOM

instant updates

What gives you instant gratification?
Dark chocolate.

What gives you an instant laugh?
It would have to be a fart. I am not an intellectual person in any way.

An instant ego boost?
Spanx. Right?

Moment in your life you would like to see on instant replay?
The birth of my children. We didn't videotape it.

What moment would you like to instantly delete?
I won't say, because I don't even want to think about it!

Favorite instant meal?
Peanut butter on an apple. It's healthy and delicious.

Instant style secret?
A scarf—it can change an outfit. Just wrap it around and look like you know what you're doing. Look French.
(Turn to page 128 for style ideas!)

Spring forward

HALLIE'S EXPERT TIP:

Focusing first at the roots and moving outward, dry hair using a vented brush or your fingers to keep hair moving and lifted away from the scalp.

Expert Hair Solutions (On a Budget)

With winter's chill soon to be a thing of the past, it's time to freshen your hair care for spring. So we've asked **celebrity hairstylist Hallie Bowman** to share insider tips and tools to solve the season's most hair-raising challenges. "You don't have to spend a lot of money to get beautiful, healthy hair," says Hallie. Here, she takes you "behind the hair" to explain how the deep-penetrating **Pantene® Pro-V®** formulas turn unruly locks into healthy, easy-to-style tresses (with no need to turn to salons).

Align & Shine

PROBLEM: Frizz

SOLUTION: "Overstyling can actually damage the hair's cuticle," says Hallie, "and a porous cuticle can lead to frizz." But spring presents the perfect chance to protect against further damage, thanks to the **Pantene® Pro-V® Smooth Shampoo and Conditioner system**. It gently cleanses and helps to align each strand for incredibly smooth, frizz-controlled shine.



72% of *Redbook* subscribers surveyed agree—
I've tried different salon brands,
but I love Pantene.*

HALLIE'S
EXPERT TIP:

Use a natural-bristle brush when blow-drying. It grips the hair well and holds it taut, encouraging brilliant shine.



More bangs for your bucks

Try these other quick, affordable tools and tricks to help refresh and restore hair at home.

- 1 Look for brushes with bristles from natural fibers, like boar bristles. They help move your hair's natural oils from the scalp along the hair shaft.
- 2 Help reduce breakage so you can grow your hair longer*** with **Pantene® Pro-V® Beautiful Lengths Conditioner**. It was just named one of the best products of all time by *Marie Claire*!
- 3 Go ahead and color! But for best results, it's preferable to dye your hair no more than two shades from its natural color.
- 4 When treating hair to a deep-conditioning treatment, brush hair first to remove tangles, and be sure to apply plenty to damaged areas, such as the ends.

Sleek and Chic

PROBLEM: Dull Locks

SOLUTION: "Sleek hair, whether down or in a ponytail, demands high shine," says Hallie. You can get it with **Pantene® Pro-V® Ice Shine Shampoo and Conditioner**, which polish hair's surface to allow light to penetrate and enhance hair's natural reflectivity. Use with **Ice Shine Hairspray** to help hair fibers lie smooth, creating a glossy surface and up to 2X the shine in just one use.**



Renew & Improve

PROBLEM: Breakage

SOLUTION: With winter on the way out, it's time, notes Hallie, "to help your hair gain the strength it needs against breakage." **Pantene® Pro-V® Restoratives Breakage Defense Shampoo and Conditioner** target weak spots to strengthen hair against damage, while hydrating and preventing flyaways caused by breakage.



"Before attempting spring's new 'dos, use **Pantene® Pro-V®** formulas for the healthy-hair benefits that make for a good styling base."

—Hallie Bowman,
Celebrity Hairstylist



HALLIE'S EXPERT TIP:

Rinse with cool to warm water, not hot, using an open palm to guide the suds through to the ends of your hair.

Chignon and On and On

PROBLEM: Dry Hair

SOLUTION: With spring comes the desire to try new styles. But dry hair is this chic chignon's worst enemy. Before trying it, Hallie suggests making **Pantene® Pro-V® Restoratives Time Renewal Replenishing Mask** part of your regimen. This advanced hydrating treatment helps quench parched hair, leaving its smoothness restored while shielding it from damage.



Pantene is confident that you'll love their formulas. If you don't, Pantene will switch you back to your old shampoo or conditioner—even a salon brand!**** For more information, visit pantene.com.

*At P&G's request, Hearst and Pantene collaborated to conduct subscriber surveys. Survey results among the 147 qualified Redbook opt-in subscribers who currently use a Pantene shampoo and conditioner system, and have also used a salon brand shampoo and conditioner system within the last 12 months. Claim statements are based on agreement by a majority of the qualified respondents.

**Pantene shampoo, conditioner, and hairspray vs. non-conditioning shampoo.

***vs. non-conditioning shampoo.

****Call 1-866-292-7056 for details. Refund offer applies to Pantene products from the Ice Shine, Restoratives, and Smooth collections and 1 replacement shampoo, conditioner, or styler of choice up to \$20. Original receipts for Pantene and replacement product required within 30 days of purchase. Offer void in Maine. Offer available 11/29/09-5/1/10. Limit 1 per household.

PANTENE

PRO-V

Wish you could outshine dullness
and get amazing healthy shine leading salon brands can't beat*?

Pantene Ice Shine is an advanced pro-vitamin system that starts at the core and helps polish strand by strand for 2x the shine.** And if you're not satisfied we'll actually switch you back to your old product, even if it's a salon brand.*** That's how confident we are. Check out Pantene.com for details.

HEALTHY MAKES IT HAPPEN

©2009 P&G. *Shampoo and conditioner system vs. leading salon brand systems based on 2007 Kline report of sales data.
**Shampoo, conditioner and hairspray vs. non-conditioning shampoo.
***Call 1-866-292-7056 for details. Refund offer applies to pictured Pantene products and 1 replacement shampoo, conditioner or styler of choice up to \$20. Original receipts for Pantene and replacement product required within 30 days of purchase. Offer void in Maine. Offer available 11/29/09-5/1/10. Limit 1 per household.



Style Scoop

instant
update

Trend Flash

In bloom

This spring, energize your style with flower power.



1.



6.



4.



5.

1. Carol's Daughter Rose Petal Pedicure Soak, \$12.50.
2. H&M shirtdress, \$40.
3. 80%20 "Sadie Tea Party" cork wedges, \$98.
4. Ahava Mineral Botanic Lotus Flower & Chestnut Body Wash, \$21.50.
5. Tarte Flower Child Limited-Edition Best-Selling Eyeshadow Palette, \$44.
6. Sonia Kashuk Weekender Cosmetic Bag in Purple Floral, \$25.

PHOTOGRAPHED BY CHRISTOPHER COPPOLA. STYLIST: GENEVIEVE YRAOLA. PEDICURE SOAK: PHOTOGRAPHED BY DAVID LEWIS TAYLOR.

Trend Flash

Minty fresh

This cool green hue gives all your fashion and beauty basics a refreshing twist.

instant update



1. Janna Conner Designs enamel bangles, \$74 to \$105 each.
2. Eos Lip Balm Smooth Sphere in Sweet Mint, \$3.
3. Mally Beauty Liquid Eyecolor in Mint Green, \$35.
4. Ole Henriksen Muscle Comfort Lotion, \$28.
5. Fantas-Eyes "Monte Carlo" sunglasses, \$15.
6. Ebisu Handbags "Delphi" bag, \$50.
7. Mark "Vintage Bloom" ring, \$14.
8. Hilary London Murano glass ring, \$69.
9. China Glaze Nail Lacquer Re-Fresh Mint, \$6.50.
10. Sula Beauty Paint & Peel Nail Color in Haze, \$9.
11. Essie Nail Polish in Mint Candy Apple, \$8.
12. Faded Glory scarves, \$5 each.
13. Izod convertible sleeve top, \$45.

BEAUTY PRODUCTS: BAG: PHOTOGRAPHED BY CHRISTOPHER COPPOLA; STYLIST: GENEVIEVE YRAOLA. OTHER FASHION STILL: PHOTOGRAPHED BY DAVID LEWIS TAYLOR; STYLIST: NORINE SMITH FOR HALLEY RESOURCES.



Preventing dry, itchy skin
takes a complete approach.

Eucerin Calming Body Wash

- A daily soap-free shower wash with natural omega oils that gently cleanses your skin.

Eucerin Calming Creme

- Used daily, this rich moisturizer with soothing oatmeal calms your dry, itchy skin for 24 hours.

Eucerin Calming Itch-Relief Treatment

- Made with cooling menthol and soothing oatmeal for immediate flare-ups and relief that lasts up to 8 hours.

Eucerin®

Dermatologist recommended

Style Scoop

Pocket change

These bright rain jackets are a dream come true. They're flattering and super-lightweight, and cost only \$19.50—plus, each one folds conveniently into its own pocket. The downside? It's so hard to pick just one.

Rain jackets, Old Navy, \$19.50 each; Old Navy stores, 800-OLD-NAVY, oldnavy.com.



Fashion News

What you need to know to be *in* the know!



RUN
(DON'T WALK) TO
TARGET



What we're loving now

Trina Turk's high-end clothing reminds us of sunny Palm Beach in the '70s, and her new accessories line is just as sunny. The jewelry is more affordable than the apparel but has that same posh, pool-club vibe.

Jewel-crusted rings, \$88 each, gold-and-enamel bangle, \$98; trinaturk.com.

French twist

Jean Paul Gaultier is notorious for pushing boundaries with his edgy, dramatic French style (he designed stage costumes for Madonna). Now, women across America can go to Target to score real-life versions of his signature runway look—at prices way cheaper than couture!

Halter dress, \$60, twisted shoulder drape top, \$23, lingerie tank, \$20, floral skirt, \$35; all available at target.com.

introducing

Halle

pure orchid
by halle berry

beauty blooms within



Gear up

Sporty duds in eye-catching brights can make breaking a sweat feel like fun, not an obligation. These pieces will help you shape up in style.

1. Striped hoodie, Old Navy, \$20; Old Navy, 800-OLD-NAVY for store info. 2. Camo sport tank, \$45, and basic pant with side camo, \$70, both SoulCycle; soul-cycle.com. 3. "Callie Pebble" belt pack, PH8 Sport, \$28; ph8stores.com for store info. 4. ADP3015 Response Sequence watch, Adidas, \$65; select Adidas retail stores. 5. "Velocity" socks, Lululemon Athletica, \$14; lululemon.com. 6. "410" sneakers, New Balance, \$75; newbalance.com/lifestyle for store info.



Under a hoodie or on their own.

Ribbed tanks, Express, \$17 each; select Express stores, express.com.

Hydrate without the waste.

Stainless-steel bottle, Kohl's, \$17; kohls.com.



Cover your bum while you run.

Comfort skort, Asics, \$50; asics.com.

A post-workout massage for your feet.

Foam "Rave" sandals, Dr. Scholl's, \$45; zappos.com.



So everyone knows you really mean business.

Skull bottle, Lush Life, \$10; lushlifehome.com.



Wicks away moisture and looks great doing it.

Body-Wick system seamless bra, VSX Sport, \$22; victoriassecret.com.

Wear one or more to look leaner while you get leaner.

Skinny Britches hipster briefs, Spanx, \$32 each; Neiman Marcus, spanx.com.



Cool enough to wear pre- and post-workout.

ADP3015 Response Sequence watch, Adidas, \$65; select Adidas retail stores.

Mother Nurture.

My leading role?
Being a mom. So I
drink milk. It's naturally
nutrient rich like no
other beverage. Besides
calcium, milk is packed
with protein and
B vitamins to help
build strong families.
Just one more thing
to cherish.



got milk?

whymilk.com/rebeccaromijn

StyleScoop

instant update

RED CARPET TO REDBOOK

The almost bun

How to make this Hollywood look work in the real world. By Krista Bennett DeMaio

Not quite a bun, not quite a ponytail, what we're calling the almost bun is "a superloose updo that's supposed to look imperfect," says Federico Guglielmo, owner of Federico Salon in White Plains, NY.

Try it for: A night out.

Make it real: With professional stylists on hand, celebs go through an awful lot of prep, like pre-curling hair, to achieve this "simple" style—but really, it can be as easy as it looks. Forget the curling iron; instead coax out any wave and add volume by applying mousse to towel-dried hair. Try Herbal Essences Tousle Me Softly Mousse, \$3.

How to do it: As you blow-dry, lift hair at the roots and tousle strands to get a piece-y texture. Once dry, gently back-comb hair at the crown of your head. If you have fine hair, add extra oomph with a texturizing cream

such as Sebastian Microweb Fiber, \$19, which has elastic-like fibers that help thicken and rough up hair. Style bangs and/or leave out some side strands. Gather the rest of hair in a loose ponytail at the center of the back of the head and anchor with an elastic. Loosely twist hair as if you're creating a bun, but don't tuck in the ends—let them hang loose. Pin to secure its shape. "If it looks too perfect, go ahead and pull some pieces out," Guglielmo says.



After: Sabina tries a not-so-classic chignon.

Before



Sandra Bullock (left) and Rosario Dawson let loose.

CELEBS FROM LEFT: LESTER COHEN/GETTY IMAGES, KEVIN MAZUR/GETTY IMAGES, SABINA: PHOTOGRAPHED BY SARRA FLEUR ABOU-EL-HAJ/STUDIO D. HAIR AND MAKEUP: ELISA FLOWERS AT BERNSTEIN & ANDRIUCCI FOR DIOR BEAUTY, STILLS: PHOTOGRAPHED BY JEFFREY WESTBROOK/STUDIO D.

Could you do even more to support your metabolism?

Switching to One A Day Women's Active Metabolism can give you support you may need in addition to the healthy choices you are already making. It's a complete women's multivitamin with more[†] ingredients for metabolism support.* A small change you'll feel good about.

Get more of what matters to you.



oneaday.com

Style Scoop

Worry not

Stressed about fine lines? Stop fretting and start filling: Skin Effects by Dr. Jeffrey Dover Cell2Cell Dermal Filler, \$20, uses growth-factor technology (proteins that improve cell performance) to firm skin over time, plus hyaluronic acid to fill wrinkles instantly—so skin looks smooth while you wait.



Get the red out

Redness-reducing makeup of the past made us look a little green, but we've finally found one that evens out our skin tone without the Kermit-like cast: Physicians Formula Mineral Wear Talc-Free Mineral Correcting Powder, \$14, here in Translucent.

Simplify the smoky eye

CoverGirl Smoky ShadowBlast eye tools, \$7.50, here in Purple Plume, are double-sided, color-coordinated shadow sticks that create the much-loved sexy/smudgy look in two easy steps.



Check this out

Here's one blackberry you won't mind having on you all day and night—Caress Velvet Bliss Silkening Body Wash with Blackberry and Vanilla Essence, \$4.50.

instant updates

Beauty List

This is the one to-do list you'll want to do.



Fall back in love with lipstick

If swiping on lip gloss is a quickie, then applying lipstick is languorous liaison: You slowly twist the tube, put the bullet to your lips, hear the satisfying click of the cap. Have an affair with Chanel's new line of lipsticks, Rouge Coco, \$30 each. Seven (of 30) shades, from left: Lune Rousse, Sycomore, La Pausa, Cambon, Rose Comète, Cashmere, Bois Des Iles.



Go deep... with this month's MVP. When we were introduced to L'Oréal's new line of four Go 360° Clean face washes, \$7 each, we made a new friend: the Scrublet. Pop this nubby tool out of the front of the bottle and use it to help purify every last pore. Shown here: Go 360° Clean Deep Exfoliating Scrub.



PHOTOGRAPHED BY CHRISTOPHER COPPOLA

With the help of **SYMBICORT,** I know my asthma is under control

9 It helps control my asthma symptoms day and night and starts opening my airways within 15 minutes.* Importantly, SYMBICORT won't replace a rescue inhaler for sudden symptoms.

And SYMBICORT combines two medicines to help control inflammation and constriction. So I'm breathing more freely, and that feels good to me.

If your asthma symptoms keep coming back, ask your health care professional if SYMBICORT is right for you.

*Your results may vary.



IMPORTANT SAFETY INFORMATION

Prescription SYMBICORT is a controller medicine for the long-term maintenance treatment of asthma. SYMBICORT is for people 12 years and older whose doctor has decided are not well controlled on another asthma-controller medicine or who need two asthma-controller medicines. SYMBICORT is not for the treatment of sudden asthma symptoms.

SYMBICORT contains formoterol, a long-acting beta₂-agonist (LABA). Medicines containing LABAs may increase the chance of asthma-related death. So, SYMBICORT should be used only if your health care professional decides another asthma-controller medicine alone does not control your asthma or you need two controller medicines.

While taking SYMBICORT, never use another medicine containing a LABA. SYMBICORT won't replace rescue inhalers for sudden asthma symptoms. Do not use SYMBICORT more than twice a day.

If you are taking SYMBICORT, see your health care professional if your asthma does not improve or gets worse.

Some people may experience increased blood pressure, heart rate, or change in heart rhythm. Tell your doctor if you have a heart condition or high blood pressure. If you are switching to SYMBICORT from an oral corticosteroid, follow your doctor's instructions to avoid health risks when you stop using oral corticosteroids.

Avoid exposure to infections such as chicken pox or measles. Tell your health care professional immediately if you are exposed. In clinical studies, common side effects included nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, and stomach discomfort.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

**For more information, go to MySymbicort.com
or call 1-888-777-4350.**

*If you're without prescription coverage and can't afford
your medication, AstraZeneca may be able to help.
For more information, please visit www.astrazeneca-us.com*

Symbicort[®]
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca 

IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

- In patients with asthma, long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.
- SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta₂-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.
- Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.
- Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine for long-term maintenance treatment, taken twice a day, every day, to control asthma in patients 12 years and older. It will not replace your fast-acting inhaler for relief of sudden asthma symptoms.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT TURBUHALER® [budesonide inhalation powder], PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
- Formoterol (the same medicine found in Foradil® Aerolizer®) is a long-acting beta₂-agonist medicine, or LABA. LABA medicines help the muscles in the airways of the lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten, which, in severe cases, can cause breathing to stop completely if not treated right away.

WHO SHOULD NOT TAKE SYMBICORT?

You should NOT take SYMBICORT if your health care professional:

- decides that your asthma is well controlled using another asthma-controller medicine
- you only use a fast-acting inhaler less than twice a week

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have been on an oral steroid, like prednisone
- have osteoporosis
- have an immune system problem or have been exposed to chicken pox or measles
- have tuberculosis or other infections
- are pregnant or planning to become pregnant because it is not known if SYMBICORT may harm your unborn baby
- are breast-feeding because it is not known if SYMBICORT passes into your milk and if it can harm your baby

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. So be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to ensure there are no potential drug interactions.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional.

SYMBICORT should be taken twice every day as prescribed by your health care professional.

SYMBICORT comes in two strengths. Your health care professional will prescribe the strength that is best for you.

When you use SYMBICORT, make sure you

- use SYMBICORT exactly as prescribed
- take two puffs of SYMBICORT in the morning and two puffs in the evening every day. If you miss a dose of SYMBICORT, you should take your next dose at the same time you normally do
- do not take SYMBICORT more often or use more puffs than you have been prescribed
- rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing
- do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT

Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, tongue; and breathing problems

Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do NOT use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Foradil® Aerolizer® (formoterol fumarate inhalation powder)

WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Immune system effects and a higher chance for infections
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT

WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

- Nose and throat irritation
- Headache
- Upper respiratory tract infection
- Sore throat
- Sinusitis
- Stomach discomfort
- Oral thrush

Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.

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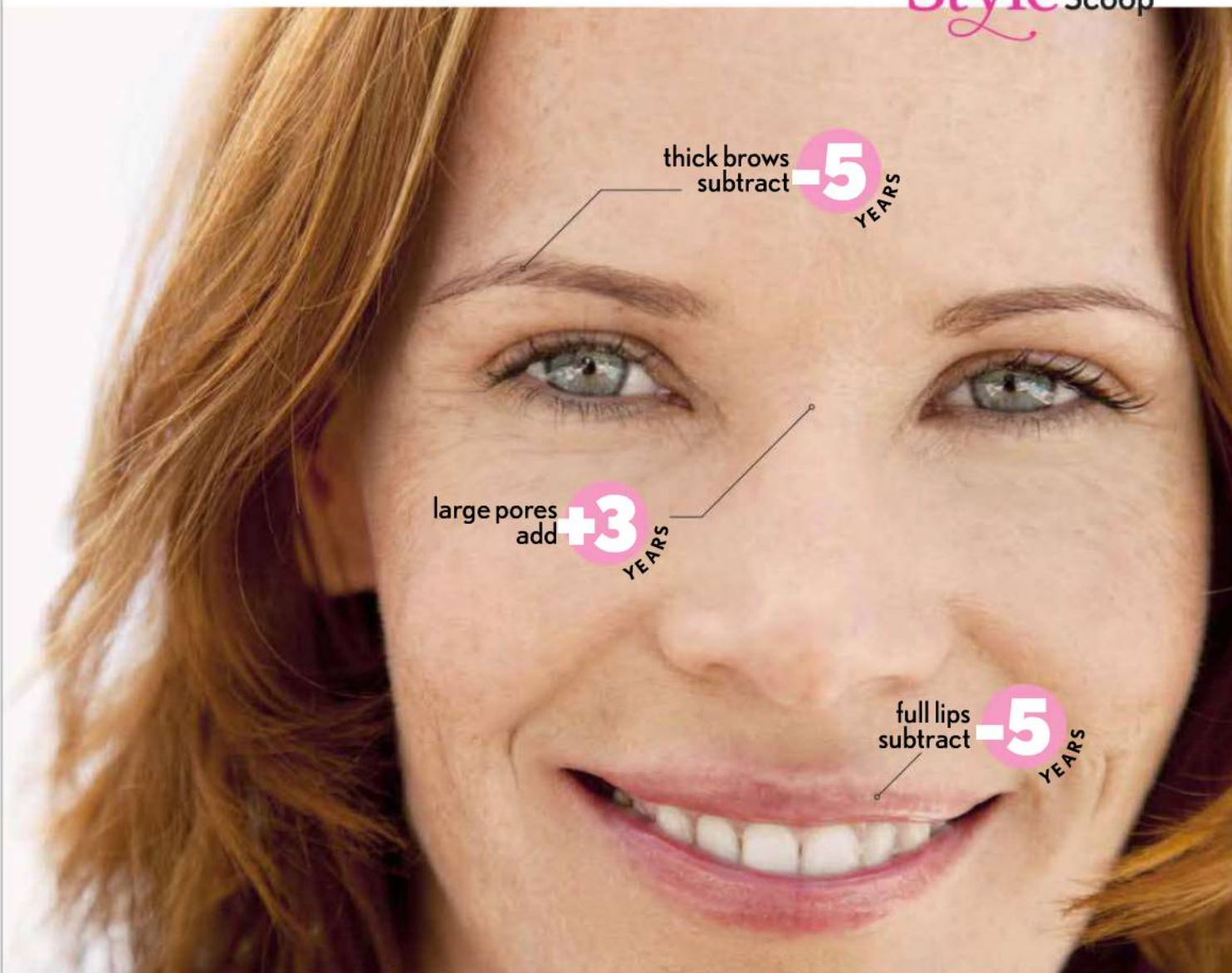
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 **WHAT'S YOUR NUMBER?™**



Is your face **older** than you are?

Yes, we know, wrinkles make you look old and a fresh, rosy glow makes you look young. But there are other, more surprising ways your appearance can age you (or shave a few years off!). Here's what might get you called miss... and what might get you called ma'am. By Cheryl Kramer Kaye

What makes you look **younger?**

Lush eyelashes

-3
YEARS

Think of the ingenue who bats her long, fluttery lashes. In general, "we associate full hair, anywhere on the body, with youth," says Amy Wechsler, M.D., whose board certifica-

tions in dermatology and psychiatry put her in a unique position to assess both the mechanical aspects of aging and the mental facets of perceived age.

Have them? How to keep them: "It's hard to mess up your eyelashes," Wechsler says, "but you should still treat them gently." Use a makeup remover designed to take off mascara (try Bioré Make-Up Removing Towelettes, \$8)—and no rubbing!

Get them! Wechsler has been seeing results with Latisse, the FDA-approved lash grower. Or try over-the-counter lash conditioners, which make lashes look thicker. Try L'Oréal Concentrated Lash Boosting Serum, \$15.



Voluminous hair

-3
YEARS

Have you ever seen a woman from behind with long, thick hair, then

been surprised to see an older face when she turns around? Subconsciously, we think of thick hair as a "young" trait.

Have it? How to keep it:

"Eating a diet rich in folate and iron can help nourish hair's roots," Wechsler says. Also, she notes, "avoid overstressing your hair repeatedly with tight ponytails or braids, which can cause permanent hair loss."

Get it! There are a slew of hair-volumizing products to make your hair appear thicker. One to try: Living Proof Full Thickening Cream, \$14, which bulks up individual strands so hair also feels thicker. If your hair is thinning noticeably and quickly and there isn't an obvious reason for it (like you recently had a baby, or just stopped breast-feeding), see your doctor to have your thyroid checked.



Plump cheeks

-4
YEARS

Women 40 and older who have a slightly higher body

mass index look younger than their skinnier counterparts, according to a study out of Case Western Reserve University in Cleveland. Why? "When you lose weight, you lose fat in your face, making cheeks look hollow and aged," Wechsler explains.

Have them? How to keep them: Avoid yo-yo dieting, which will max out your skin's elasticity and make it sag.

Get them! Dermatologists are using facial fillers such as Restylane, Juvéderm, and Sculptra to fill out cheeks. Mathew Nigara, an NYC New York Color Makeup Artist, suggests making cheeks appear fuller by bringing focus to the roundest part: "Apply a cream highlighter to the apples of the cheeks, then a bronzer under the cheekbones."



Thick eyebrows

-5
YEARS

While testosterone causes men's eyebrows to grow wild as they get older, women's brows thin out after years of waxing and tweezing.

Have them? How to keep them: "Don't overwax or overpluck," Wechsler advises. "You can damage the follicles to the point where the hairs won't grow back." To shape brows without follicle damage, try the Christi Harris Precision Brow Planing System, \$40, which trims brow hairs at the surface rather than removing them at the root.

Get them! Wechsler recommends taking a 5mg oral biotin supplement to make hair stronger. French brand Talika has two cult brow products worth trying: Eyebrow Lipocils, \$40, to promote growth, and Eyebrow Extender, \$35, to fill in.

Full lips

-5
YEARS

A study by David Gunn, a research scientist at Unilever (makers of Dove, Vaseline, and more), found that women who look young for their age have fuller lips.

Have them? How to keep them: Keep lip lines at bay by wearing an SPF lip balm daily, like Softlips Lip Protectant Sunscreen SPF 20, \$4.

Get them! Wechsler plumps her patients' lips with fillers but is careful to maintain the natural upper-to-lower lip ratio of $\frac{1}{3}$ to $\frac{2}{3}$. "Angelina Jolie has a one-to-one ratio, but that looks fake on most people," Wechsler says. A full-lip makeup tip: Apply a nude liner just to the outer corners of your lips. "By shading the outside, the center of the lips moves forward," Nigara says. Then apply your lip color, and a dab of clear gloss to the center of your lips.

What makes you look **older?**

StyleScoop

Thick, yellow fingernails

+5
YEARS

A study published in *Plastic and Reconstructive*

Surgery compared bare fingers to ones that were "dressed up" with nail polish and jewelry, and found that naked nails were

perceived as older.

That could be because the polish disguised thickness and yellowing, which are

"associated with

illness, and hence aging,"

Wechsler explains.

Have them? How to get rid of them:

Vitamin and moisture deficiencies make nails look lousy. Wechsler suggests Carmol cream to hydrate, plus a biotin supplement for strength.

Avoid them! "The effect of a bad diet shows up in your nails," Wechsler says. Keep your hands off the junk food and junk food off your hands!



Chest freckles

+10
YEARS

"These are what our grandparents called liver spots and some people call age spots," Wechsler says. But even though they're associated with aging, "they're absolutely a result of sun damage. I've seen 20-year-olds with chests so mottled that they shocked me!"

Have them? How to get rid of them: Retin-A or hydroquinone, a melanin-inhibiting agent, can help lighten the brown areas. In-office chemical peels and a new Fraxel laser for pigmentation problems can make a big dent in the dark spots.

Avoid them! "Averting chest freckles is more than just a matter of applying sunscreen when you go outside," Wechsler says. You'll want to wear clothing that covers your chest, and reapply your sunscreen throughout the day."

Large pores

+3
YEARS

Accumulated sun damage can cause the support structure of the pores to sag, making them look wider. Pores are also more

noticeable when they're clogged.

Have them? How to get rid of them: "Imagine that each pore is in the shape of a V—wider at the surface," Wechsler explains. In-office treatments, like microdermabrasion and chemical peels, will remove the top layer of skin, eliminating the widest part of the pore and making the opening seem smaller.

Avoid them! "Anything that exfoliates will help keep pores clear and looking smaller," says Wechsler. Try topical retinoids (like prescription Renova or Atralin) and salicylic acid products (like Peter Thomas Roth Beta Hydroxy Acid 2% Acne Wash, \$35). And of course, always wear sunscreen to prevent sun damage and sagging.

Receding gums

+10
YEARS

"Everybody's gums recede," says Michael

Apa, D.D.S.,

an expert in aesthetic dentistry.

"But when gums recede significantly before your late 30s, it can be very aging. Think of it like an 18-year-old guy with a baby face and a receding hairline; it just doesn't look right."

Have them? How to get rid of them:

Receding gums can be fixed, but it won't be that easy... or cheap. Your dentist can restore your gum line with AlloDerm grafts at a cost of about \$2,000 to \$3,000. Also, porcelain veneers applied over your teeth will cover up the receded area (\$1,000 and up—per tooth).

Avoid them! "There's nothing like a professional cleaning to scrape the microbes out of the gum tissue and keep your gums in shape," Apa says. At home, Apa suggests microbe-killing the Natural Dentist Healthy Gums Mouth Rinse, \$7.50.



Veiny hands

+7
YEARS

The same study that determined that nail polish makes hands look younger found that the number one thing that makes hands look older was the presence of prominent veins.

Have them? How to get rid of them: "The veiny appearance is due to a loss of tissue—bone loss, muscle atrophy, fat loss—so the injection of a dermal filler can plump them back up," says Wechsler, who uses Sculptra (off-label) for this purpose. "You can also use a squeeze ball to make the muscles stronger and less sunken-looking."

Avoid them! Staying fit and getting adequate calcium and vitamin A helps with muscle and bone loss.





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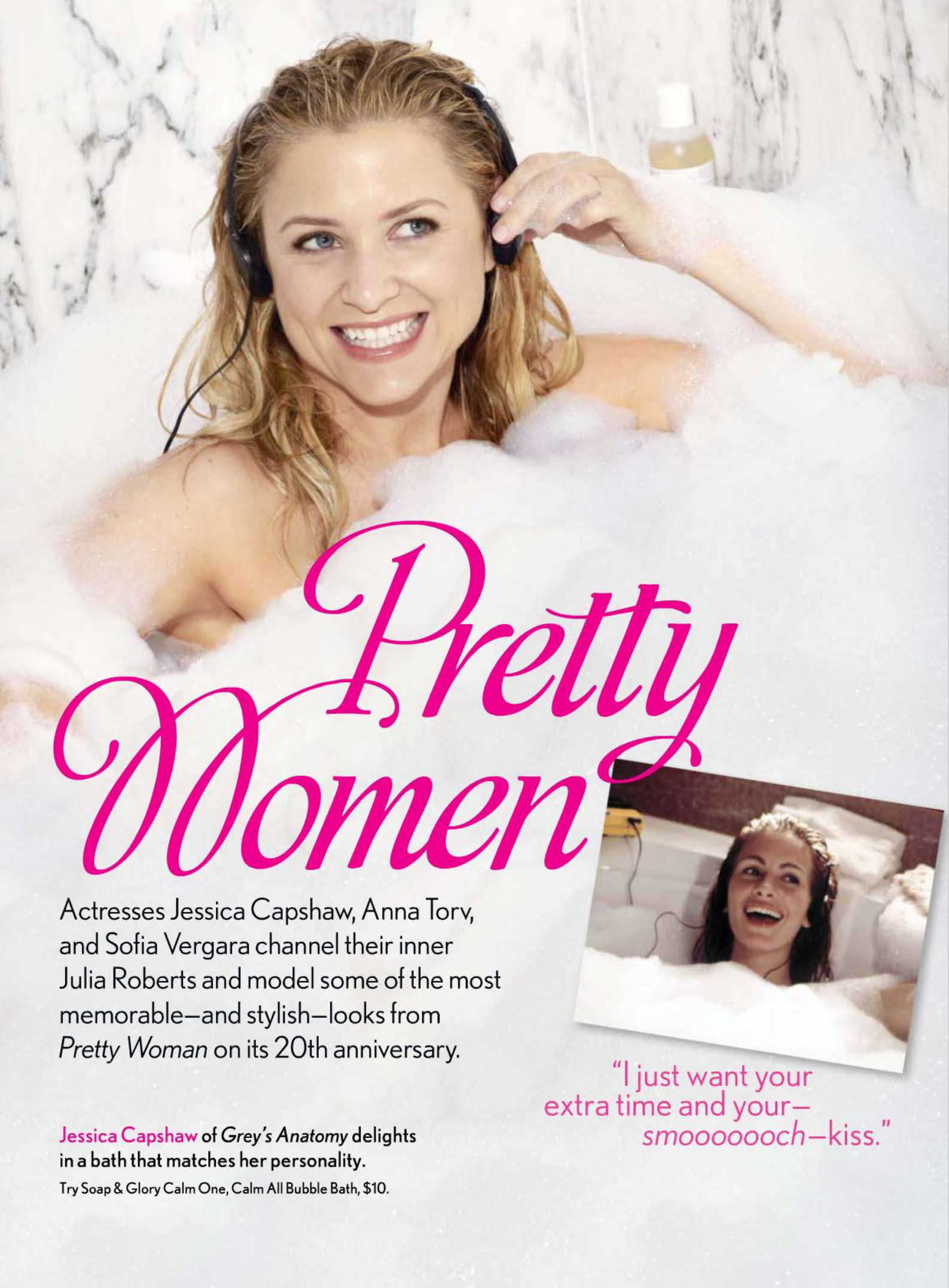
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Pretty Women

Actresses Jessica Capshaw, Anna Torv, and Sofia Vergara channel their inner Julia Roberts and model some of the most memorable—and stylish—looks from *Pretty Woman* on its 20th anniversary.

Jessica Capshaw of *Grey's Anatomy* delights in a bath that matches her personality.

Try Soap & Glory Calm One, Calm All Bubble Bath, \$10.



"I just want your extra time and your—smoooooch—kiss."

instant
update

Jessica rocks a trench coat and over-the-knee boots: It's a flirty combination you can wear with just about anything—or nothing at all.

Classic trench, London Fog, \$90. "R318" over-the-knee boots, Pura Lopez, \$661. "Idora" shoulder bag, Bryna Nicole. "Kiss," "Courage," and "Clarity" bangles, all Sophia & Chloe. Sterling-silver bangles, both Hamilton Jewelers. Friendship bracelets, both Links of London.

Shot at the location of the original scenes: Beverly Wilshire, a Four Seasons Hotel, in Beverly Hills, CA.

PHOTOGRAPHED BY ROBERT TRACHTENBERG
FASHION EDITOR: AUDREY SLATER
BEAUTY EDITOR: CHERYL KRAMER KAYE

MAKEUP: MAI QUYNH FOR MARK COSMETICS AT THE WALL GROUP. HAIR: ROD ORTEGA FOR SOLOARTISTS.COM
USING REDKEN. MANICURE: TRACEY SUTTER FOR AIM ARTISTS. SET DESIGN: BRADLEY GARLOCK FOR JUDY CASEY. PRODUCED BY MADACTIVE PRODUCTIONS LOS ANGELES. MOVIE STILL: EVERETT COLLECTION



Anna Torv of *Fringe*
trades her badge for a
bathrobe and proves
that the morning after
can look even better
than the night before.

Create bountiful bed head
with Nexxus Lavish Body
Volumizing Spray Gel, \$11.



"You're late."
"You're stunning."
"You're forgiven."

MAKEUP: MONIKA BLUNDER AT THE WALL GROUP; HAIR: ROB TALTY USING RENE FURTERE AT
OPUS BEAUTY; MANICURE: TRACEY SUTTER FOR AIM ARTISTS; SET DESIGN: BRADLEY GARLOCK
FOR JUDY CASEY; MOVIE STILL: TOUCHSTONE/WARNERS/THE KOBAL COLLECTION.

Anna's bejeweled black dress and side-swept pony are a combination that will knock 'em out from across the room.

Jeweled cocktail dress, Theia, \$550. "All the Way" sheer pantyhose, Spanx, \$26. "Josette 3" heels, Jessica Simpson, \$79. Victorian stretch crystal cuff, Amrita Singh. "Power Bag" clutch, Swarovski. Keep your pony in place with TRESemmé Naturals Finishing Spray, \$4.



Modern Family's **Sofia Vergara** lives out every woman's fashion fantasy: a store full of fabulous shoes and a no-limit credit card.

Tweed dress, Andy The-Anh, \$495.
"Ava" clutch, Elaine Turner. Shot on location at Diavolina; shopdiavolina.com.

Sofia shows that a red dress makes any occasion a night to remember.

Jeweled gown, Jovani, \$500.
Matte finish opera-length gloves,
Greatlookz, \$42. "Scarlet's
Necklace," Roberta Chiarella.



MAKEUP: KAYLEEN MCADAMS AT THE WALL GROUP; HAIR: JEN ATKIN AT THE WALL GROUP; MANICURE:
TRACEY SUTTER FOR AIM ARTISTS; SET DESIGN: BRADLEY GARLOCK FOR JUDY CASEY; MALE MODEL:
RENE DE FRANCESCH FOR ORPHEUS PRODUCTIONS. MOVIE STILL: EVERETT COLLECTION.



"If I forget to tell you later,
I had a really good time tonight."

Because you're busy,



you need birth control that helps simplify your life.

Consider Mirena.[®]



Mirena is birth control you don't have to think about taking every day, every month, or even every year. It's a small intrauterine contraceptive made of soft, flexible plastic that's put in place by your healthcare provider during an office visit and all you have to do is check the threads of Mirena once a month.

What else should you know about Mirena?

- Over 99% effective at preventing pregnancy for as long as you want for up to five years. In fact, it's one of the most effective forms of birth control
- When you choose to have Mirena removed, you can try to get pregnant immediately

Indications & Usage: Mirena (levonorgestrel-releasing intrauterine system) is a hormone-releasing system placed in your uterus to prevent pregnancy for as long as you want for up to 5 years. Mirena also treats heavy periods in women who choose intrauterine contraception.

Important Safety Information About Mirena: Only you and your healthcare provider can decide if Mirena is right for you. Mirena is recommended for women who have had a child. Don't use Mirena if you have a pelvic infection, get infections easily or have certain cancers. Less than 1% of users get a serious infection called pelvic inflammatory disease. If you have persistent pelvic or abdominal pain, see your healthcare provider. Mirena may attach to or go through the wall of the uterus and cause other problems. If Mirena comes out, use back-up birth control and call your healthcare provider. Although uncommon, pregnancy while using Mirena can be life threatening and may result in loss of pregnancy or fertility. Ovarian cysts may occur and usually disappear. Bleeding and spotting may increase in the first few months and continue to be irregular. Periods over time may become shorter, lighter or even stop. Mirena does not protect against HIV or STDs. For important risk and use information, please see the brief summary of patient information on reverse side.

To learn more about Mirena,
call 1-877-MIRENA-2 or visit www.mirena-us.com



You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Mirena®

(levonorgestrel-releasing intrauterine system)

BRIEF SUMMARY OF PATIENT INFORMATION

(Consult Patient Insert for complete patient information)

Mirena does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

This information does not take the place of talking with your gynecologist or other healthcare provider who specializes in women's health. If you have any questions about Mirena, ask your healthcare provider. You should also learn about other birth control methods to choose the one that is best for you.

Who might use Mirena?

You might choose Mirena if you:

- Want birth control that provides a low chance of getting pregnant (less than 1 in 100)
- Want birth control that is reversible
- Want a birth control method that does not require taking it daily
- Have had at least one child
- Want treatment for heavy periods and want to use a birth control method that is placed in the uterus to prevent pregnancy.

Who should not use Mirena?

Do not use Mirena if you:

- Might be pregnant
- Have had a serious pelvic infection called pelvic inflammatory disease (PID) unless you have had a normal pregnancy after the infection went away
- Have an untreated pelvic infection now
- Have had a serious pelvic infection in the past 3 months after a pregnancy
- Can get infections easily. For example, if you have:
 - More than one sexual partner or your partner has more than one partner
 - Problems with your immune system
 - Intravenous drug abuse.
- Have or suspect you might have cancer of the uterus or cervix
- Have bleeding from the vagina that has not been explained
- Have liver disease or liver tumor
- Have breast cancer now or in the past or suspect you have breast cancer
- Have an intrauterine device in your uterus already
- Have a condition of the uterus that changes the shape of the uterine cavity, such as large fibroid tumors
- Are allergic to levonorgestrel, silicone, or polyethylene.

Before having Mirena placed, tell your healthcare provider if you:

- Have had a heart attack
- Have had a stroke
- Were born with heart disease or have problems with your heart valves
- Have problems with blood clotting or take medicine to reduce clotting
- Have high blood pressure
- Recently had a baby or if you are breastfeeding
- Have diabetes (high blood sugar)
- Use corticosteroid medications on a long-term basis
- Have severe migraine headaches.

How is Mirena placed?

First, your healthcare provider will examine your pelvis to find the exact position of your uterus. Your healthcare provider will then clean your vagina and cervix with an antiseptic solution, and slide a thin plastic tube containing Mirena into your uterus. Your healthcare provider will then remove the plastic tube, and leave Mirena in your uterus. Your healthcare provider will cut the threads to the right length. Placement takes only a few minutes during an office visit.

You may experience pain, bleeding or dizziness during and after placement. If these symptoms do not pass 30 minutes after placement, Mirena may not have been placed correctly. Your healthcare provider will examine you to see if Mirena needs to be removed or replaced.

Should I check that Mirena is in the proper position?

Yes, you should check that Mirena is in proper position by feeling the removal threads. You should do this after each menstrual period. First, wash your hands with soap and water. Feel for the threads at the top of your

vagina with your clean fingers. The threads are the only part of Mirena you should feel when Mirena is in your uterus. Be careful not to pull on the threads. If you feel more than just the threads, Mirena is not in the right position and may not prevent pregnancy. Call your healthcare provider to have it removed. If you cannot feel the threads at all, ask your healthcare provider to check that Mirena is still in the right place. In either case, use a non-hormonal birth control method (such as condoms or spermicide) until otherwise advised by your healthcare provider.

How soon after placement of Mirena should I return to my healthcare provider?

Call your healthcare provider if you have any questions or concerns (see "When should I call my healthcare provider?"). Otherwise, you should return to your healthcare provider for a follow-up visit 4 to 12 weeks after Mirena is placed to make sure that Mirena is in the right position.

What if I become pregnant while using Mirena?

Call your healthcare provider right away if you think you are pregnant. If you get pregnant while using Mirena, you may have an ectopic pregnancy. This means that the pregnancy is not in the uterus. Unusual vaginal bleeding or abdominal pain may be a sign of ectopic pregnancy.

Ectopic pregnancy is a medical emergency that often requires surgery. Ectopic pregnancy can cause internal bleeding, infertility, and even death.

There are also risks if you get pregnant while using Mirena and the pregnancy is in the uterus. Severe infection, miscarriage, premature delivery, and even death can occur with pregnancies that continue with an intrauterine device (IUD). Because of this, your healthcare provider may try to remove Mirena, even though removing it may cause a miscarriage. If Mirena cannot be removed, talk with your healthcare provider about the benefits and risks of continuing the pregnancy.

If you continue your pregnancy, see your healthcare provider regularly. Call your healthcare provider right away if you get flu-like symptoms, fever, chills, cramping, pain, bleeding, vaginal discharge, or fluid leaking from your vagina. These may be signs of infection.

It is not known if Mirena can cause long-term effects on the fetus if it stays in place during a pregnancy.

How will Mirena change my periods?

For the first 3 to 6 months, your monthly period may become irregular and the number of bleeding days may increase at first. You may also have frequent spotting or light bleeding. A few women have heavy bleeding during this time. After your body adjusts, the number of bleeding days is likely to lessen, and you may even find that your periods stop altogether.

In some women with heavy bleeding, the total blood loss per cycle progressively decreases with continued use. The number of spotting and bleeding days may initially increase but then typically decreases in the months that follow.

Is it safe to breast-feed while using Mirena?

You may use Mirena when you are breastfeeding if more than six weeks have passed since you had your baby. If you are breastfeeding, Mirena is not likely to affect the quality or amount of your breast milk or the health of your nursing baby. However, isolated cases of decreased milk production have been reported among women using progestin-only birth control pills.

What are the possible side effects of using Mirena?

Mirena can cause serious side effects including:

- **Pelvic inflammatory disease (PID).** Some IUD users get a serious pelvic infection called pelvic inflammatory disease. PID is usually sexually transmitted. You have a higher chance of getting PID if you or your partner have sex with other partners. PID can cause serious problems such as infertility, ectopic pregnancy or pelvic pain that does not go away. PID is usually treated with antibiotics. More serious cases of PID may require surgery. A hysterectomy (removal of the uterus) is sometimes needed. In rare cases, infections that start as PID can even cause death.

- Tell your healthcare provider right away if you have any of these signs of PID: long-lasting or heavy bleeding, unusual vaginal discharge, low abdominal (stomach area) pain, painful sex, chills, or fever.

- **Life-threatening infection.** Life-threatening infection can occur within the first few days after Mirena is placed. Call your healthcare provider if you develop severe pain within a few hours after Mirena is placed.
- **Embedment.** Mirena may become attached to the uterine wall. This is called embedment. If embedment happens, Mirena may no longer prevent pregnancy and you may need surgery to have it removed.
- **Perforation.** Mirena may go through the uterus. This is called perforation. If your uterus is perforated, Mirena may no longer prevent pregnancy. It may move outside the uterus and can cause internal scarring, infection, or damage to other organs, and you may need surgery to have Mirena removed.

Common side effects of Mirena include:

- **Pain, bleeding or dizziness during and after placement.** If these symptoms do not stop 30 minutes after placement, Mirena may not have been placed correctly. Your healthcare provider will examine you to see if Mirena needs to be removed or replaced.
- **Expulsion.** Mirena may come out by itself. This is called expulsion. You may become pregnant if Mirena comes out. If you notice that Mirena has come out, use a backup birth control method like condoms and call your healthcare provider.
- **Missed menstrual periods.** About 2 out of 10 women stop having periods after 1 year of Mirena use. If you do not have a period for 6 weeks during Mirena use, call your healthcare provider. When Mirena is removed, your menstrual periods will come back.
- **Changes in bleeding.** You may have bleeding and spotting between menstrual periods, especially during the first 3 to 6 months. Sometimes the bleeding is heavier than usual at first. However, the bleeding usually becomes lighter than usual and may be irregular. Call your healthcare provider if the bleeding remains heavier than usual or if the bleeding becomes heavy after it has been light for a while.
- **Cyst on the ovary.** About 12 out of 100 women using Mirena develop a cyst on the ovary. These cysts usually disappear on their own in a month or two. However, cysts can cause pain and sometimes cysts will need surgery.

This is not a complete list of possible side effects with Mirena. For more information, ask your healthcare provider.

Call your doctor for medical advice about side effects. You may report side effects to the manufacturer at 1-888-842-2937, or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

After Mirena has been placed, when should I call my healthcare provider?

Call your healthcare provider if you have any concerns about Mirena. Be sure to call if you:

- Think you are pregnant.
- Have pelvic pain or pain during sex.
- Have unusual vaginal discharge or genital sores.
- Have unexplained fever.
- Might be exposed to sexually transmitted diseases.
- Cannot feel Mirena's threads.
- Develop very severe or migraine headaches.
- Have yellowing of the skin or whites of the eyes. These may be signs of liver problems.
- Have a stroke or heart attack.
- Or your partner becomes HIV positive.
- Have severe vaginal bleeding or bleeding that lasts a long time.

General advice about prescription medicines

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. This leaflet summarizes the most important information about Mirena. If you would like more information, talk with your healthcare provider. You can ask your healthcare provider for information about Mirena that is written for health providers.

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Your Love Life

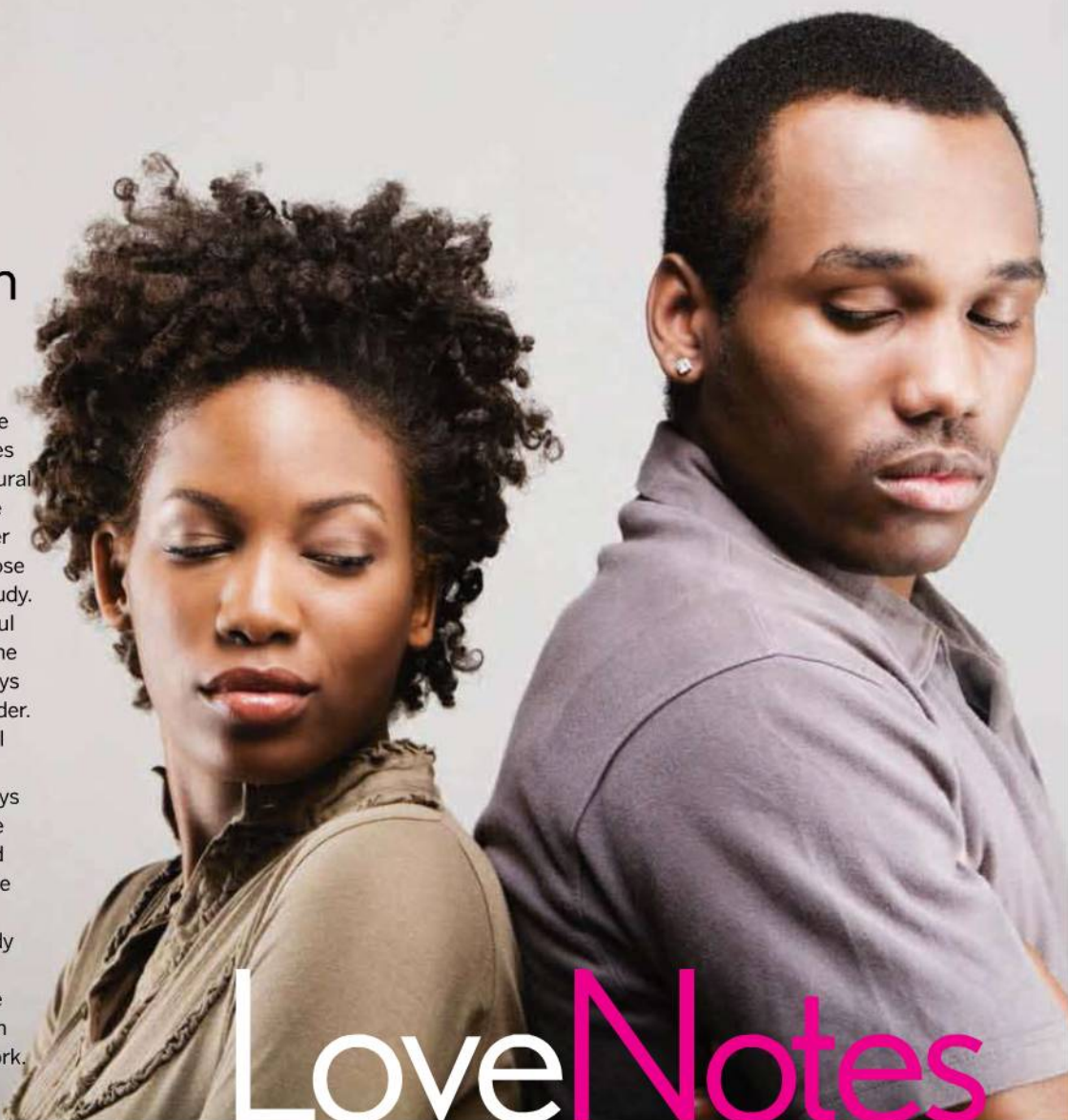
Straight talk (and a few laughs) about men, sex, marriage, and romance

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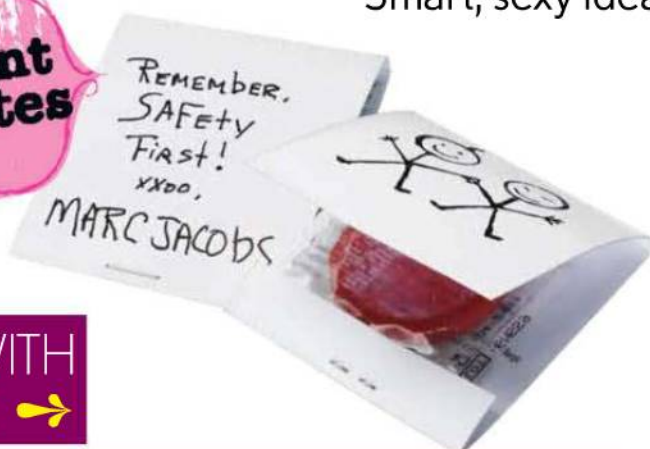
➡ The more time you spend folding sheets, the more time you'll spend *between* the sheets. Couples who put the most hours into housework have sex more than those who spent fewer hours on chores, according to a recent study. "This goes against the idea that time spent on housework reduces the opportunity for sex," says lead researcher Constance Gager, Ph.D. "Instead, we think that when couples share chores, they're communicating and making decisions together, which translates to a happy relationship and healthy sex life." Proof that getting down and dirty has its rewards!

Use this word when you fight

Creating a stronger bond may be as easy as using one two-letter word: *we*. Couples who use the first-person plural during conflicts show more positive emotions and fewer negative emotions than those who don't, according to a study. "The word *we* has a powerful effect in terms of aligning the couple in that moment," says study author Benjamin Seider. "They are more likely to feel they're on the same team, whereas when a partner says 'you' and 'me,' they're more likely to feel adversarial and distant." So next time you're tempted to say, "You need to help me get the kids ready for bed," try, "We need to work out a better nighttime schedule for the kids." Then let the power of *we* go to work.



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These days you can find your favorite designer's logo on almost anything, from scarves and umbrellas to iPod cases. Now fashion maven Marc Jacobs has put his mark on condoms (\$1.50 at Marc by Marc Jacobs stores). It's the cheapest, uh... fashion bang for the buck.

Improve your marriage in 15 minutes:

Try these three surprisingly satisfying, superfast date ideas.

- ◆ Pause your bedtime routine to exchange back massages.
- ◆ Wake up 15 minutes early on a weekday and eat breakfast together. Or rise a half hour earlier and head to a diner.
- ◆ Have a predinner dance party: Sing and dance along to five songs on the radio. (Include the kids for this one—you'll still feel a sweet bond.)

For more date-night inspiration, check out REDBOOK's *500 Great Dates: Creative, Fun, and Sexy Ways to Spend Time Together* by Lisa Sussman. Get 15 percent off at bn.com/redbook.

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Naked Truth

BY HILDA HUTCHERSON, M.D.

Your most secret sex questions—answered!



Hilda Hutcherson, M.D., is a clinical professor of obstetrics and gynecology at Columbia University's College of Physicians and Surgeons in New York City and the author of *Pleasure*. Send your questions to her at askhilda@redbookmag.com.

Q My husband and I want to experiment with new sex add-ons, like whipped cream or massage oils. But is that stuff safe to use on our, um, sensitive areas?

A Yes, it can be safe—and fun, too! Your kitchen is a cornucopia of sensual delights that can be used to spice up your sex life, literally. I like foods that stick around for a while, like peanut butter and marshmallow fluff, since removing them from body parts requires some seriously pleasurable oral gymnastics. Experiment with temperature: Consider cool whipped cream and lukewarm chocolate sauce. Avoid extremes, though. If a food's too hot, pain will replace pleasure; if it's too cold, it could cause shrinkage.

Note: These tasty, spreadable (and sprayable, and pourable) foods are for external use only—that's because they can be difficult to remove from the inside of your vagina and could cause an infection there. It's safe to smear pretty much any food on your partner's penis, though (unless he is uncircumcised, as food may become trapped between the head of his penis and the foreskin and cause an irritation). Avoid anything with peppery spices, which may cause a burning sensation when

placed on delicate areas like your vagina or the head of his penis. Also, skip foods that either of you are allergic to, as they can be absorbed through your skin even if you don't eat them. And be careful when placing solid food in your vagina—make sure you choose objects that can be easily removed! As an ob/gyn, I have extracted countless cherries, grapes, and macadamia nuts from patients' vaginas—and many of these women were totally unaware that the food was still there.

While considering your pantry's contents, know that almost any oil in your kitchen can be used for massage. Most, however, are thick and don't have a pleasant scent. You can buy massage oils that tingle, warm, and taste good at your local pharmacy or online. But if you will be using condoms after the massage, don't use oils "down there"—on you or on him—since they can break down latex condoms (though not nonlatex condoms, like ones made of polyurethane).

Playing with food and oils can be messy and ruin a nice set of sheets, so it might help to place towels or an extra set of sheets on the bed that can be removed before you begin to drop off. If you've made a real mess, you can take a warm shower together to clean up. Who knows—that might just lead to round two! **R**



A tasty experiment: Make your night sweeter with Melt Chocolate Body Fondue. (\$15, bootyparlor.com)

Spice up your sex life in seconds!

- ▶ Use an edible body paint (like the one pictured above) to create a masterpiece on your guy's body.
- ▶ Buy a romance novel and read the juiciest scenes out loud to him in bed.
- ▶ Send him a sexy email or text message in the middle of the day describing what you plan to do to him later.
- ▶ Fill the tub with a fragrant bubble bath; add soft music, candles, and a glass of champagne. Wash your lover with a sponge. Just because.
- ▶ Put on music that gets you in the mood, and give him a lap dance. Then let him give you one too.
- ▶ Sit in the back of the movie theater and make out like you did when you were teenagers.
- ▶ Practice your dirty talk—even if it's just "Don't stop," "Touch me there," or "More!"
- ▶ Go on a shopping trip with your partner and buy a new lube or toy together. Take it home and just try to keep your clothes on.



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SexLifeRoadTest

Does that sex advice really work? Is that toy really going to change your love life? We asked two brave couples to try out the **Romance Magnetic Poetry Kit** to see if it strengthened their love bond. Did it send the flames of passion soaring? Read on to find out.



Romance Magnetic Poetry Kit, \$19.05; amazon.com



"This was such a cute, no-pressure activity!"

She says: My boyfriend was busy at the computer, so I figured it was the perfect time to try out the Magnetic Poetry Kit and surprise him. I tiptoed into the kitchen to decorate our freezer with sexy and silly phrases. It was fun to embrace a creative, artistic mood and to try out lots of different kinds of sentences. I formed phrases such as "We share strong passion," "Must have," and "Kiss with one's heart/Love with one's soul." It was sometimes frustrating when I couldn't find a word I wanted: I'd hoped to say, "Can I have sex?" but the set didn't have can so I had to settle for "Go I have sex?" After I "wrote" to my satisfaction, I called my boyfriend in for the happy surprise, which he seemed to enjoy, and then he added some phrases of his own. This was such a cute, no-pressure activity, and since that initial time we've kept up the poetry, playing around and tinkering with the magnets throughout the day. It's a fun new way to communicate!

He says: We like these a lot. They're a great way to give each other little hints and be sexy with each other. Our freezer is completely covered in love phrases!

Passion rating: 🔥🔥🔥 Warm and fuzzy



"It was a wonderful way to get in a sexy frame of mind."

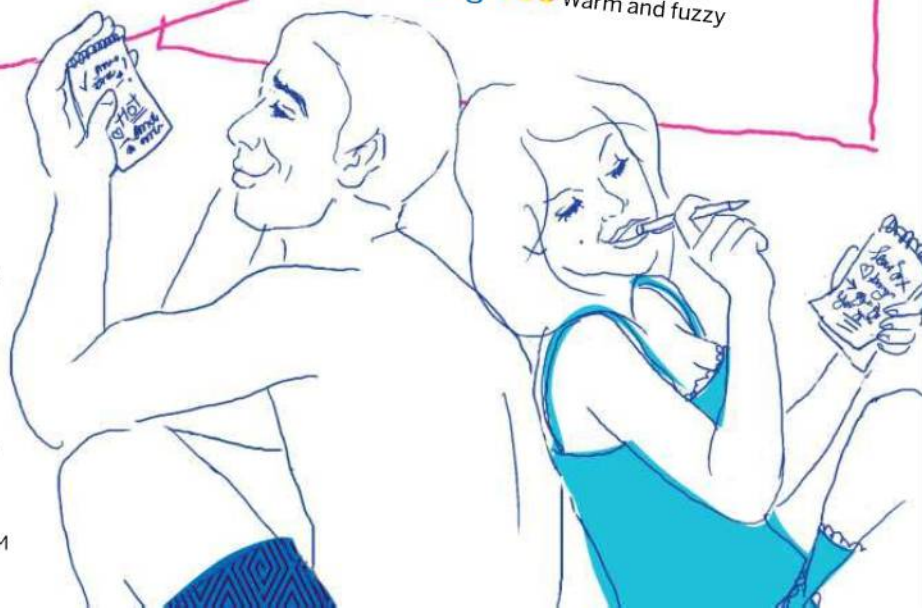
She says: My man was planning on coming over for a special dinner for two, so I decided to take out the kit and try my hand at a magnetic love poem. It was a wonderful way to get in a sexy frame of mind for our romantic date. With all of the potential words laid out before me, I felt relaxed and inspired—I had a big smile on my face as I played around with the magnets. My final poem was "Trust/I want you to kiss the pink place/Open it like a rose/Linger down there/Cherishing our delicious ache/You make when/Only you are near/And drink me/Oh we burn eternal/I am your goddess/Thou shall find sweet honey/Which is life." When my man showed up, he read the poem silently and seemed awestruck. I expected him to play around with the words, but he didn't change a thing, and the moment felt very romantic. It reminded us of why we love to be in love. Next time, I'd like to try composing a poem together.

He says: My partner's poem was incredible. I asked her to send it to me on my computer so I could have it always. It was a major turn-on because it reminded me how much I love her mind as well as her body.

Passion rating: 🔥🔥🔥 Warm and fuzzy

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what you want – spring solutions

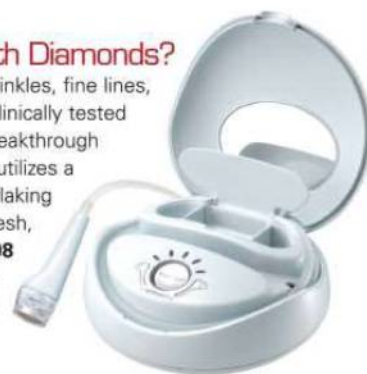
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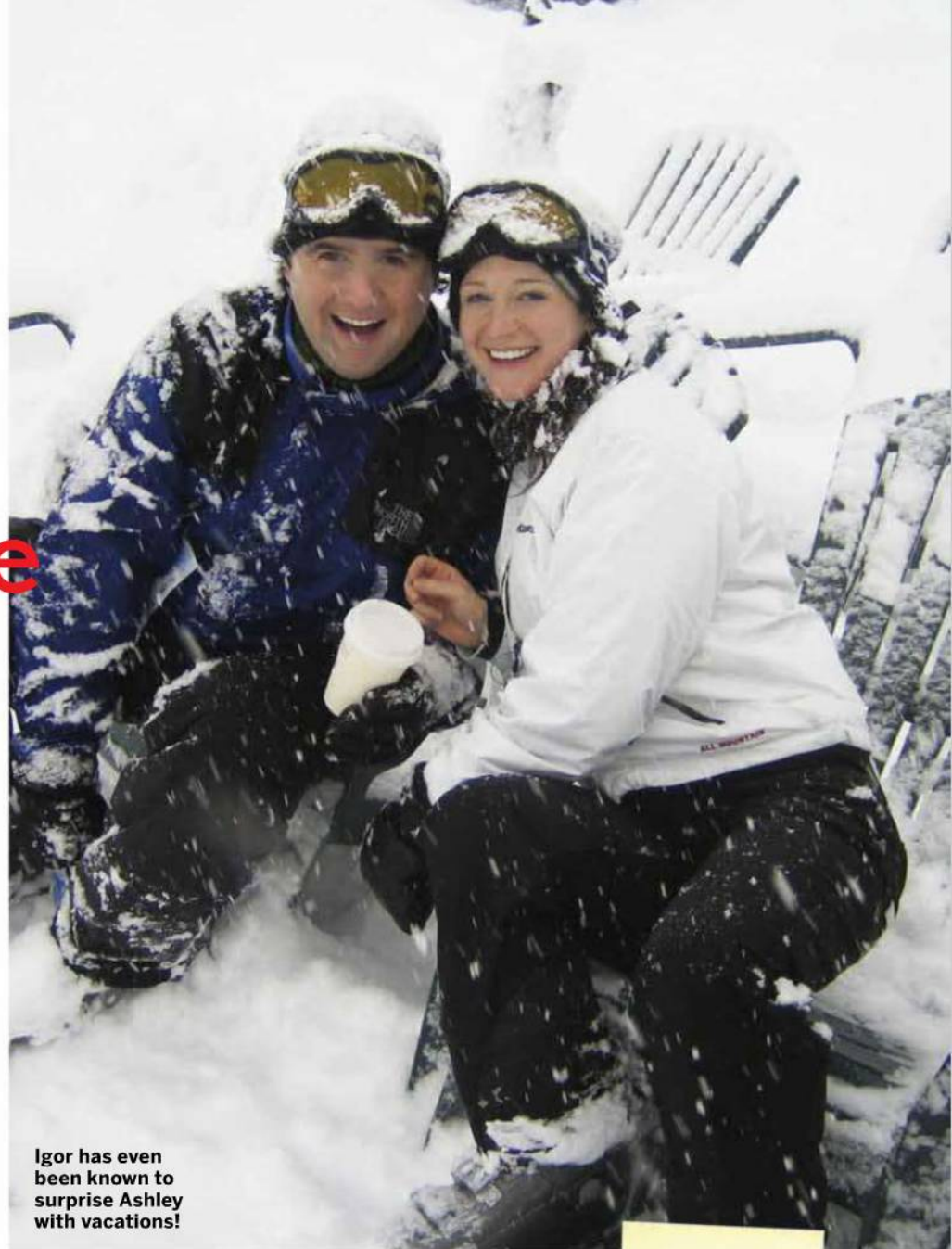
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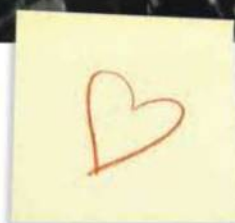
How We Stay Close

Surprise! **Ashley Parrish**, 29, and her husband, **Igor**, 33, stay tight by treating each other to unexpected delights both big and small.

"It started with scratch-off lottery tickets, even before Igor and I were married: He would sneak them into my work folder or purse, then call me midday and tell me to peek inside. Now our surprises for each other are part of our everyday routine, our own special tradition, little ways to say, 'Hey, I'm thinking of you,' even when we're apart. I'll pick up my husband's favorite cupcakes or candies on my way home from work and surprise him with dessert, and when he leaves for a business trip, he'll stash sweet Post-its around the apartment—I miss you' under the OJ container and 'You're hot' in the medicine cabinet. Holidays are for bigger surprises: I rented Igor a Ferrari on Valentine's Day, and for his birthday I took him on a mystery weekend camping trip. Even our honeymoon was a surprise! Igor planned it and kept the destination (South Africa!) a secret until the last minute. Our surprises for each other are way more about the thought than the things. We both work hard and are very busy, but these small—and not so small—gestures are reminders of how much we love each other and points of real connection in the midst of life's chaos. They make us feel like a team and like we're in on life together!"



Igor has even been known to surprise Ashley with vacations!



Ashley brings home Igor's favorite cupcakes, and he hides love notes and lottery tickets for her to find. Sometimes the treats are bigger, like when she rented a Ferrari for Valentine's Day.



"Seeing his face when I pop a surprise on him is priceless!"



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Should I drop my **ex's name?**

Q Two and a half years after our divorce, my ex has met someone he is serious about. I kept my married last name to show my relation to our son—my ex and I have joint custody. The new girlfriend is uncomfortable that I didn't go back to my maiden name and has requested that I do so. Should I have to? —A.W., 28, Houston

The Heart
Stuff

BY KAREN KARBO

A You don't have to change your name if you don't want to. Legally, it's *your* name. The new girlfriend doesn't like it? "Too bad/so sad," as my resident teen likes to say. The girlfriend, and possibly your ex, will grumble for a while, but they'll get over it.

This situation does raise a good question, however: What *is* in a name? Having the same name as your son makes it easier for people to send you a Christmas card, but other than that, it's not truly what connects you to him, or to any family member. And while it's certainly natural to want to share your son's name, down the road it might become a moot issue: If and when you remarry, are you going to tell your new beloved that

you want to hang on to your ex-husband's last name?

Choose the name that makes you happy. If you're determined to connect to your boy with a name, maybe return to your maiden name and add it to your son's. (Michael Noah Jones becomes Michael Noah Wilson Jones). These days, many families go by a collection of names, and no one thinks they love one another less.

My guy's a mama's boy!

Q My husband is a wonderful person, but he's also a mama's boy. He can't make decisions without his mother, and whenever I have a different opinion from him and his family, he tends to side with them to protect their feelings. I feel rejected and that I'm not being given the respect I deserve from him. How do I resolve this? —R.T., 30, Maryville, MO

A Step One: Don't use the term *mama's boy*. It's derogatory and emasculating, and you'll never be able to resolve the situation or look at your husband with respect (not to mention lust) if you think of him in those terms. So, let's rechristen him as caring guy who loves his family but just hasn't gotten the message that the wife, and her wishes, come first.

Have you talked to your husband about this? And by "talked," I mean at a time when you're feeling happy and connected and not after he's just sided with Mom and you're mad enough to throw a plate at his head. If not,

you must. Tell him what you told me: that you feel rejected and disrespected, and though you appreciate his caring nature, it's paramount that he work to make you feel that your feelings come ahead of those of his folks.

The conversation will probably include a nonproductive exchange something like this. Him: "But she's my mother!" You: "But I'm your wife." Him: "But... she's my mother." You: "But I'm your *wife*." To avoid a stalemate, tell him that while you respect his feelings for his family, you'd like him to at least consult with you before siding with them. That's all. He doesn't have to agree with you or defy his mom; you just want a consult. So next time there's a decision to be made, he can tell Mom, "Sounds good, but let me talk to R. about it first."

Why is he so selfish?

Q I have three children from a previous marriage, and I'm now remarried and my husband and I have a baby together. I receive plenty of child support, so I haven't needed to get a job. My husband doesn't earn a lot of money. He pays the mortgage; I pay the bills and support my girls, but I expect him to help with my expenses and our son's. He's pretty good about what our son needs, but he doesn't help me out

with money unless I ask for it. I know he needs to save for our future, but I don't feel like a married couple because we don't share most of our expenses and income. It's making me resentful toward him. Should I feel this way? —B.T., 36, Permian Basin, TX

A When it comes to feelings, there's no "should"; you feel how you feel. That said, continuing on in a situation in which you feel resentment is never good. Clearly, the current financial arrangement doesn't work for you, so you need to hammer out a plan with your husband that feels more equitable.

Begin with what you feel is working about your situation now: that you really do appreciate how your guy is good about buying things your son needs, paying the mortgage, and putting away money in savings. Hearing that you see the good things he does will help him be more receptive to a new money plan. Once you do agree on a new plan, try it out for three months, then re-evaluate. Keep tweaking it until you're both happy. Money is among the stickiest issues in any marriage, so solving this problem is no small feat. Once you've reached a solution, thank your man for hanging in there and working to make your marriage better. **R**



Karen Karbo is an award-winning writer and the author of *The Gospel According to Coco Chanel: Life Lessons From the World's Most Elegant Woman*. She's also a mom, a teacher, and a horse owner. For more advice, go to redbookmag.com/karenkarbo.

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What I Know About Women

Kevin McKidd adds sizzle to the cast of *Grey's Anatomy*—and is an expert at making his wife melt too. By Anna Davies

Your *Grey's Anatomy* character, Dr. Owen Hunt, made a literal splash when he showed up drunk and soaking wet for a date with Cristina. Any dating horror stories from your past?

One time I went on a date with a woman who was a smoker. This was back in the '90s, when you could smoke in bars, and when women used a *lot* of hairspray. I leaned over with my lighter to light her cigarette. Her hair was so full of hairspray that the whole thing went up like a Chinese lantern. I had to literally put out the

blaze with my hand. She didn't want anything to do with me after that, and I don't blame her—since I basically blew up her bangs!

Sounds like things could only improve from there! Do you believe in love at first sight?

I do. I first saw my wife on a wet, crowded street in London, when we were working at nearby theaters. We exchanged a look, but then just walked past each other. Two weeks later, I went to a Christmas party and saw her from across the room, and that was it. Pretty much two weeks after that, I asked her to marry me.

What's the most romantic thing you've ever done for your wife?

When we were planning our wedding, Jane wanted a choir, but we soon realized that having one would bring us way over budget. Then I found out a friend of mine was in a choir, and we concocted a plan where he and a bunch of his singing friends snuck into the church and burst into song. Jane loved it!

And what about her—what's the most romantic thing she's done?

Our son was born on Father's Day, and the first thing Jane did—when Joseph was less than a minute old—was write me a Father's Day card, signed from him. For her to have that mind and easy spirit to think of me in that moment was an amazing gesture.

What's your idea of date night?

We both play guitar, so we love having jam sessions with friends where we play Irish and Scottish folk music. It's really nice; it feels like we're back home.

Are you more of a candy or a flowers guy?

Probably flowers. For a special occasion, my wife loves a bouquet, especially lilies with roses. But never as an apology—if I give flowers to her after a fight, it always seems to make things worse! **R**



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(1-888-263-6228)**

Important Safety Information: Menactra vaccine is given to persons 2 through 55 years of age for active immunization against invasive meningococcal disease caused by *N meningitidis* serogroups A, C, Y, and W-135. Menactra vaccine will not stimulate protection against infection caused by *N meningitidis* other than serogroups A, C, Y, and W-135.

Side effects to Menactra vaccine include injection site pain, redness, and swelling; headache or fatigue. Other side effects may occur. Vaccination should be avoided by persons with known hypersensitivity (severe allergic reaction) to any ingredient of the vaccine, including latex (which is used in the vial stopper), or by any persons previously diagnosed with Guillain-Barré syndrome. There is a potential for an increased chance of Guillain-Barré syndrome following vaccination. Vaccination with Menactra vaccine may not protect all individuals. For more information about Menactra vaccine, talk to your health-care professional.

Menactra vaccine is intended for use in preventing invasive meningococcal disease caused by *N meningitidis* serogroups A, C, Y, and W-135 in persons 2-55 years of age. Menactra vaccine has not been proven to eliminate any of the potential consequences or any outcomes of the disease.

Please see full patient information on the adjacent page.

You are encouraged to report negative side effects of vaccines to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

sanofi pasteur, Discovery Drive, Swiftwater, Pennsylvania 18370. www.sanofipasteur.us
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Menactra®
Meningococcal (Groups A, C, Y and W-135)
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Vaccine

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What is in this patient information sheet?

This sheet provides information and answers common questions consumers may have about Menactra vaccine. It is not intended to take the place of talking with your health-care professional. Rather, it is meant to inform you so that together you can make the best possible choices concerning your health. Vaccines, like all other medications, have risks and benefits. Together with your health-care professional, you should consider this as well as other important information concerning Menactra vaccine.

What is Menactra vaccine and what does it do?

Menactra vaccine is given to protect persons 2 through 55 years of age against meningococcal disease. It allows the body to produce enough antibodies to provide a defense against the bacteria that cause meningococcal disease. Vaccination with Menactra vaccine may not protect all of the people who get the vaccine.

- **Meningococcal disease** is a serious illness that is caused by bacteria. These bacteria may cause meningitis, an infection of the brain and spinal cord coverings. They also can cause septicemia, a very serious blood infection. Although meningococcal disease is rare (about 1400 to 2800 cases are reported each year), onset and progression of the disease can be very rapid. Approximately 10% of cases of meningococcal disease are fatal despite medical treatment, and 11% to 19% of those who survive have permanent disabilities, such as limb amputation, hearing loss, and brain damage.

Who should receive Menactra vaccine?

Menactra vaccine is intended for persons 2 through 55 years of age.

Who should not receive Menactra vaccine?

- Any person who has a known hypersensitivity (severe allergic reaction) to any ingredient of the vaccine, including latex, which is used in the vial stopper, or to any person who has had a life-threatening reaction after getting a vaccine containing similar components
- Any person who has been previously diagnosed with Guillain-Barré syndrome (GBS)
- Children younger than 2 years of age or adults older than 55 years of age

When should extra care be used?

The health-care professional should make sure the benefits of vaccination outweigh the risks when recommending Menactra vaccine for:

- Women who are pregnant or nursing

Women who are pregnant or become aware that they were pregnant when they received Menactra vaccine should contact their health-care professional or Sanofi Pasteur Inc. at 1-800-822-2463.

How is Menactra vaccine administered?

A single dose of Menactra vaccine is injected into the muscle of the upper arm (preferably) of persons 2 through 55 years of age.

It should be noted that clinical studies have been conducted to show that Menactra vaccine is safe when given at the same time as Td (tetanus and diphtheria) and typhoid vaccines.

You should tell your health-care professional if you or your child:

- Has been previously diagnosed with Guillain-Barré syndrome (GBS) or any brain disorder
- Is pregnant or nursing

This information should not take the place of talking with your health-care professional about Menactra vaccine.

What are possible side effects of Menactra vaccine?

While side effects from vaccine administration are always possible, people receiving Menactra vaccine may not experience any side effects at all.

The most common local side effects with Menactra vaccine include pain, tenderness, redness, hardness, and swelling at the site of injection. Systemic side effects include headache, fatigue, weakness, body aches, diarrhea, and loss of appetite. These side effects usually clear up within a few days. If events continue or become severe, tell your doctor. There is a potential for an increased chance of Guillain-Barré syndrome following vaccination. Other adverse events are possible. Please consult with your health-care professional.

What ingredients are present in Menactra vaccine?

Menactra vaccine contains noninfectious meningococcal A, C, Y, and W-135 polysaccharides that are attached to a diphtheria toxoid protein carrier. Sodium chloride and sodium phosphate salts are also present in each dose.

For more information about Menactra vaccine, talk to your doctor or health-care professional. You may also visit **www.menactra.com**.

This information is based on the Menactra vaccine full Prescribing Information dated April 2008.

Manufactured by:
Sanofi Pasteur Inc.
Swiftwater, PA 18370 USA

Product Information
as of April 2008

sanofi pasteur

What it means to be the man of the house

Our guy columnist has a crazy, relentless raccoon to thank for teaching him how to be a responsible husband and father.

After four years of bouncing around, living in different apartments, my wife, Karel, and I started house-hunting. Unfortunately, we discovered that houses in our price range often included extras like the aroma of cat urine or drug dealers on the front porch. Just when we were ready to put off the whole endeavor, we discovered our own little crudely wired piece of the American dream.

The house was no beauty: Three narrow stories of awkward, the row house wore its 93 years with the grace of an elderly Chippendales dancer with a case of MRSA. But it had loads of (*cough*) potential and was in a neighborhood we loved.

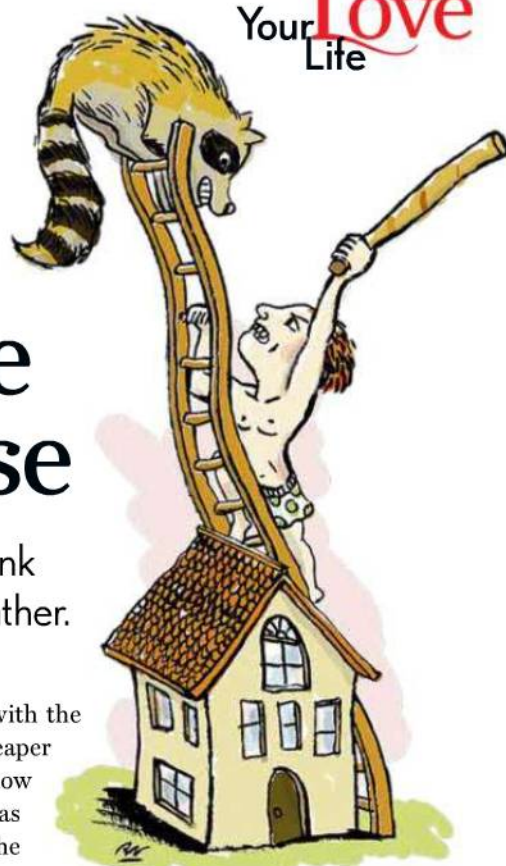
So we moved in and did the renovations we could afford, or figured out how to fix stuff ourselves. But here's the thing: I'm bad at fixing stuff. Very bad. A sufferer of a condition my wife calls "Hulk strength," I'm the guy who turns screws until their heads pop off. Still, Karel and I painted, scrubbed, added ceiling fans, replaced screen doors. The results were usually more weird than pretty, but I did my best. Try as we might, we could not keep up with new leaks, blown pipes, or broken stairs that were barely being held together by the 60-year-old carpet that covered them. During a mysterious three-room power outage, we called a Russian electrician recommended by friends. After emerging from our basement, he looked at me sadly and said, "Your electrical... how do you say? It burn house down now. Yes?"

The house was a constant reminder of the money we didn't have and the skills I'd never learned. Home ownership fed my masculine insecurities, highlighting my shortcomings as a handyman. While Karel denied having any sort of home-improvement expectations of me, in my mind, my identity was inexorably linked to my home-repair inabilities.

We muddled through, with the help of cheap wine and cheaper beer, which may explain how we entered our second year as homeowners pregnant. The baby was born, and after a year of the three of us sharing the same bedroom on the second floor, we decided it was time to regain some semblance of couple privacy and space. We expanded to the third floor, turning two adjoining attic rooms into bedrooms. The rooms were cramped by Smurf standards, but the third floor was quiet, it got great morning light, and it was in better shape than the rest of the house. It felt sturdy and peaceful—until we realized we were not alone.

Soon after we moved into our new bedrooms, we began hearing an animal moving noisily over our heads in the crawl space between our ceiling and roof. Night after night, the animal would grunt, shuffle, hiss, chirp, and occasionally scream, which is how I figured out it was a raccoon. I had no idea what he was doing up there, but it sounded like he would crash through our ceiling at any moment. In an effort to soothe my son's terror at the disturbing sounds coming from above his crib, I invented stories about the raccoon, turning him into a lovable Disney-esque woodland creature named Scrambles. But Scrambles was not lovable; he was a pestilential menace that would arrive home at 5 a.m., drunk on whatever fetid refuse he had consumed during his nocturnal ramblings. I have repressed the number of times my wife grabbed me out of fitful slumber to announce in a horrified whisper, "He's here!"

For almost eight months this ruckus went on, and the stress and sleeplessness began to undermine my marriage. My now-2-year-old son was afraid of his room, and for the first time during our homeownership



Aaron Traister lives in Philadelphia with his wife and two kids. His work has appeared on babble.com and salon.com.

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Your Love Life

odyssey, Karel was looking at me like I was doing something wrong, like I should know how to deal with a wild animal and his impenetrable bunker in our roof. Or at least I was convinced she was. Scrambles only increased my feelings of inadequacy, and yet somehow I blamed my wife. She, in turn, resented my inability to own my failure, and fumed about why I had to drag her into it. Scrambles was tearing our family apart.

Why did we—did I—let it go on so long? Well, it's hard to get a raccoon out of your roof. Exterminators couldn't do much that we weren't already trying. Patching the exterior hole in our roof where Scrambles entered was a gamble because we were never sure if he was inside. There were weeks when we heard nothing at all, but we could never really be sure.

Finally, I concocted a plan. Early one night, I used anchovies to lure Scrambles

**On my roof, in a voice
loud enough to wake the
neighbors, I shouted,
"This is my house!"**

out and crudely patched the hole in our roof that he used as a front door with three layers of chicken wire and spray foam. We had saved up and the roofers were on hold, waiting for the all-clear call that the raccoon was out so they could come and fix our roof correctly. My patch just had to hold till morning.

At 5 a.m., my wife heard Scrambles return and start tearing apart my patch job. I tore down the stairs and out my front door in the hopes that my mere presence would scare him away. It didn't. I ran back through the house, grabbing a wrapping-paper tube for protection, before crawling onto my second-floor roof to face my fuzzy nemesis. Now an arm's

length away, I hoped that my proximity would be enough to make him flee. He could not have cared less.

He had already worked through the first layer of foam. If I didn't act soon, my opportunity for a Scrambles-free life would be gone. I poked him with my cardboard tube. Nothing. He worked his way through the second layer of chicken wire—there was only one layer left. That's when I began whacking him with the cardboard tubing. I thought of Karel trying to soothe our son into believing that Daddy was saving them from the animal that had haunted our dreams these many months. In that moment I knew why I was on that roof in my boxer shorts at dawn—I was doing this for my son, I was doing this for my wife. I was doing this for love. I felt all my anger at being bullied by Scrambles rise up from the depths of my being. In a voice loud enough to wake the neighbors I shouted, "This is my house, Scrambles! *My house!*"

Right then, daylight broke over my rooftop. When it comes to the sun, raccoons are like vampires. Between the sunrise, the shouting, and the cardboard beating, Scrambles decided to cut his losses and scrambled off my roof.

I had finally won. There had been times when I secretly wished we could have afforded an up-to-code house without worries. But in this moment, I knew that if I did own that perfect house, I'd have missed out on something: Scrambles. That animal challenged me in a way I had never been before. He forced me to find my inner caveman, a man willing to club an animal in order to protect his family's well-being. Up until then, my house reminded me that there are some imperfections you have to learn to live with. But Scrambles taught me that sometimes you can't compromise. Sometimes you have to fight to make something better—especially when it comes to your family. **R**

What do you want to know about men?

If you're looking to figure out your guy's mysterious or perplexing behavior, our columnist Aaron will try his hardest to explain the crazy things men do (but he makes no promises!). Email your questions to him at redbook@hearst.com (subject: Whys Guy). Be sure to include your name, city, state, and email address.

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Sexiness isn't something you just turn on and off. You have to cultivate it, get in touch with your body. Once you tap in to your sensuality, a great sex life—and a positive new outlook—are just around the corner. By Colleen Oakley



You used to want to have sex. A lot. There was a time when you couldn't wait to rip your guy's clothes off, when you felt empowered and excited by the mere thought of a bedroom romp. Ah, the good ol' days. Recently, however, it seems that watching *American Idol*—or watching paint dry—are more appealing options than getting it on with your fella. Whatever happened to that sexy, flirtatious girl you used to know? Don't worry—she's still in there.

While many of us blame kids, bills, or work and say we don't have the time or energy to get sexual, we're actually missing the real cause of the cool-down, says psychiatrist Scott Haltzman, M.D., the author of *The Secrets of Happily Married Women*. "One of the main reasons I've found that women don't want to have sex is that they don't feel as sexy as they used to," he says. Unfortunately, feeling sexy isn't something you can just conjure up at a moment's notice. "Women have to transition between the mother who's taking care of everything to the seductive wife, and that doesn't happen in an instant," Haltzman says. "It takes work."

You *can* find the time to get your sexy back. The first step? Retrain your brain. "Change the way you think about sex," suggests Haltzman. "Most women think of sex as something he gets and you give. Instead, think of yourself as being the receiver or the lucky one." Once you start seeing sex as a treat for you, you can tune in to other sensual treats in your daily life. And getting in touch with feel-good sights, sounds, and experiences will make you feel more confident and vibrant. Soon, you'll open yourself up to feeling sexy and attractive—and you'll actually want to have sex (dishes be damned!). Then you can start reveling in all the rewards a healthy sex life can bring: a tighter bond with your husband; less stress, tension, and anxiety; and a rosier outlook on life. Not to mention, when you're having good sex on a regular basis, you *feel sexier*. It's a cycle—one that you can kick-start now to cast a positive halo over every area of your life, including your friendships, your job, and your self-confidence. Here are 21 ways to tap in to your sensual self—and start reaping the benefits tonight.

1 Focus on the last time. Taking just five minutes out of your busy day to replay the specifics of your last really great sexual encounter will whet your appetite, says Gail Saltz, Ph.D., the author of *The Ripple Effect: How Better Sex Can Lead to a Better Life*. Think about your pleasure: how it made you feel—and how you want to feel that way again.

2 Touch yourself. (No, we don't mean *that* way, but that's not a bad idea either.) Take the time after a hot shower to massage your body with lotion, instead of just slapping it on. Or give yourself a relaxing neck rub. "I brush my skin with a soft brush every morning when I wake up," says Mary McGuire-Wien, of New York City. "It makes my skin feel much more alive."

3 Watch something hot. Does Brad Pitt do it for you? Be sure to add *Troy* to your Netflix queue. Or the movie that you and your husband saw on your fifth date... and didn't quite make it all the way through. Women are visual creatures (just like men), and when you give your eyes a sensual treat, it will reignite your flames of desire.

4 Throw away the Victoria's Secret catalogue. Comparing yourself to unrealistic body ideals is a surefire way to feel unsexy. Remove these images from your life as much as you possibly can (as in, turn off *The Bachelor* and all those size 0 bikini bodies). When you do see them, remind yourself that these body types are unattainable. And that yours is just fine, thank you very much.

5 Ditch the sweats. "If sweats have become your standard after-work uniform, then you are unlikely to feel sexy," says Sari Locker, the author of *The Complete Idiot's Guide to Amazing Sex*. You don't have to wear fishnets, "but buy some clothes that make you feel sexy when you're lounging, even if that's just a silky camisole and leggings."

6 Get away. Take a walk or plan a girls' night out. "When I do something just for me, it's easier to remember who I was before I was a wife and mom," says Megan Barner, of Charlotte, NC. "After I spend time with friends, my husband says I come back a new woman."

7 Exercise. There are a million reasons to hit the gym—lose weight, lower stress—but the best one is to boost your sexiness. Sweat releases endorphins, giving you a natural high. “When I feel low, I hit the gym,” says Jaime Sarrio, of Nashville. “I feel strong and sexy after a run on the treadmill or a weight-lifting session.”

8 Get nostalgic. Joanne Rock, of Peru, NY, creates lustful playlists that remind her of when she was falling in love with her husband. “Hearing those tunes sends my thoughts to sexy places,” she says. Or take out photos from when you two first started dating. Remember that wanton lust that overcame both of you? Trust us, it’s still there.

9 Make your most beautiful feature pop. Play up your eyes with a new eyeliner, or try a different gloss on your lips. Or, if you normally go natural, put on a little concealer. “When you feel beautiful, you feel sensual,” says Debbie Mandel, the author of *Turn On Your Inner Light*. Take the extra three or four minutes to primp yourself and feel pretty—just for you.

10 Buy new underthings. Throw away those ripped, faded, you’ve-had-them-for-four-years granny panties and invest in some new underwear. The sexier, the better—but G-strings aren’t required. New bikinis, boy shorts, or even basic briefs can make you feel special.

11 Stop worrying. When you’re focused on worry, the last thing on your mind is feeling sexy, says Louann Brizendine, the author of *The Female Brain* and *The Male Brain*. Pinpoint what’s bothering you and try to set it aside. Write down your concerns and tuck them away. Or distract yourself from a problem that’s weighing on you by concentrating on a crossword or Sudoku puzzle. And for Pete’s sake, stop stressing over your thighs or your tummy pooch. He’s (really, truly, absolutely) not thinking about it, so why are you?

12 Breathe. Mindful breaths enhance and reinforce the mind-body connection, says Sandor Gardos, Ph.D., the founder of mypleasure.com. For a few minutes each morning, close your eyes and breathe deeply. Clear your thoughts and focus on being calm. When you’re relaxed, it’s easier to get in touch with your inner sexiness.

13 Look in the mirror. From the onset of puberty, we’re taught to scrutinize every imperfection of our bodies. Instead, give yourself a reaffirming reality check by doing the opposite. Stand naked in front of a full-length mirror and focus on the things you really love about yourself: your strong thighs, shiny hair, or full, sexy chest.

14 Turn off the iPhone. And the TV. And your laptop. Life’s distractions keep you from being fully in touch with yourself, never mind anyone else, Brizendine says. Unplug for a few minutes each day so you can plug in to what’s important: you. Focus on just one activity—reading a book or having a snack. Tuning out from the world helps make you a priority, which in turn reminds you just how lovable you are.

15 Move your hips. Not a good dancer? Fake it! Turn on your favorite tunes and just let go. “When you move your entire body to a beat, you start to love how it feels and embrace what your body can do,” says Vanessa Isaac, the creator of Hip Brazil Dance and Fitness. “Awakening your inner rhythm awakens your sensuality.”

16 Create a kid-free zone. Nothing kills sensuality like a room full of Tinker Toys, diaper bags, and crayon-drawn art. Have a space in your house that’s adult-only so you can focus on yourself. “For us, that’s the bedroom,” says Erica Smith, a San Francisco mom of two. “It has nothing kid-oriented in it. No toys, no pictures of their adorable faces. It’s an environment for us as lovers, instead of Mom and Dad.”



PREVIOUS SPREAD: GETTY IMAGES.

17 Change it up. Take an art class. Or book a last-minute weekend getaway. "Novelty is the greatest aphrodisiac," Gardos says. Switch up your routine to create spontaneity. "When you do something out of the ordinary, you're taking yourself off of autopilot, which creates excitement in your life," he says. "Excitement is *always* sexy."

18 Hit the spa. Get a manicure, pedicure, or bikini wax (or all three if you've got the time and money). "If I go for too long without these minor beauty treatments, I can literally feel my sexiness waning," says Kimberly Elloie, from Atlanta. Taking care of yourself boosts your confidence—plus, having someone pamper you and make you feel pretty can remind you that, heck yeah, you're worth it, hot mama.

19 Illuminate your nights. Light a scented candle in your den or break out those candlesticks for dinner. Candlelight casts a warm, cozy glow over everything and everyone in the room and is so much more flattering than harsh lightbulbs. You will literally and figuratively see yourself in a new light.

20 Strike a pose. A recent study in the *Journal of Sexual Medicine* found that women who regularly practiced yoga felt sexier. Researchers say it could be because yoga forges a stronger mind-body connection through meditation and creates self-confidence, which can lead to feeling more romantic.

21 Create a bathing ritual. Once a week (or more, if you're lucky), light candles, run a bath, add a foaming bath gel, and submerge yourself in a warm tub. "Sure, it's a cliché," says Elizabeth Lombardo, Ph.D., the author of *A Happy You: Your Ultimate Prescription for Happiness*. "But it works." There's nothing like warm suds on your naked body to pump up the sensuality factor and remind yourself how important it is to take time to reconnect with you. So what are you waiting for? Go fill up the tub....

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"Lawrence thinks that physically being here is enough, but it's not," Ali says. "I try so hard to get his attention, but I feel like I can't."

Marriage Makeover

"He puts everything before our marriage."

When **Lawrence Blaber** decided to ditch the 9-to-5 career path to become an entrepreneur, his wife, **Ali**, felt like he ditched their marriage too. Our relationship expert helps this couple open the lines of communication to make both love and work, work. By Brenda Della Casa

After Ali and Lawrence Blaber married, in 2006, the couple set up house in Brooklyn, NY, to be closer to Lawrence's family. Lawrence quit his job as a data entry professional in Niagara Falls, and Ali moved from Aruba to be with Lawrence. "In the early months of our marriage, we spent a lot of time together talking about our dreams for our future," says Ali, 28. "We both wanted to achieve the typical American dream: two kids, a house, and a dog," explains Lawrence, 30. While Ali quickly found a job as a receptionist, Lawrence was out of work for eight months before he was hired as a project coordinator for a local

HAIR AND MAKEUP: PATRYCJA KORZENIAK FOR HALLEY RESOURCES.

industrial firm. But a year and a half later, he lost his job. “I expected Lawrence to start looking for another 9-to-5 job,” Ali says. But Lawrence, frustrated by his lack of professional progress and facing down a tough economy, decided to change course in October 2008. “There was a time when I wanted the 9-to-5 job,” he says, “but I realized I want something bigger for myself—to be an industry leader, though I’m not sure what industry I want to be in. I just know it’s never going to happen unless I make it happen on my own.”

Lawrence now spends up to 15 hours a day performing a variety of odd jobs, most of which offer little or no pay—such as consulting for a construction company, representing local vendors as a court liaison, and helping his brother develop his own restaurant-supply business—in the hopes that one will turn into a successful career. When he’s not running from one job to another, he’s indulging his passion for rugby by volunteering as a coach for a local team. This packed schedule leaves little time for Ali. “Lawrence isn’t sure what will make him happy,” she says, “so he’s doing everything at once. I was willing to support him when I felt we were both working toward the same goals—planning a family, moving into a bigger place—but now I feel like I’m being dragged behind him as he searches for his own happiness.”

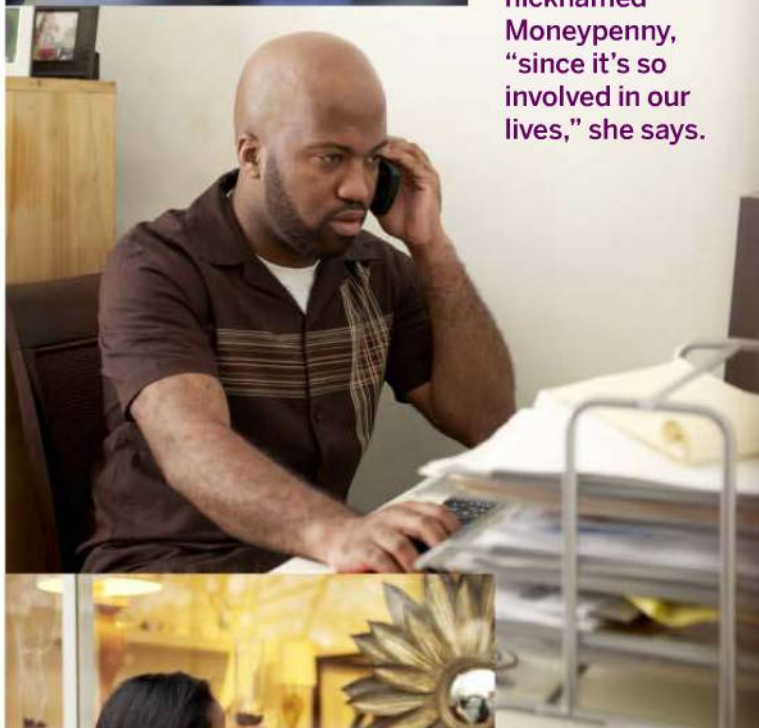
The Blabers desperately need to bridge the growing gap between them. “Ali and Lawrence are experiencing some serious feelings of resentment toward each other, which is chipping away at the foundation of their marriage,” says Jane Greer, Ph.D., a marriage therapist and the author of *Gridlock: Finding the Courage to Move on in Love, Work, and Life*. “Lawrence feels rejected professionally and has allowed that to carry over into his marriage. Meanwhile, Ali resents Lawrence for letting his professional frustration affect their relationship.” In order for this couple to get on the same page, Lawrence must become more emotionally involved in his marriage and acknowledge the toll his busy schedule has taken on Ali, says Greer, and Ali needs to start supporting Lawrence’s dreams.

“We no longer share the same goals.”

Ali: “Lawrence doesn’t consider me when making plans for himself. Everything we initially agreed on in terms of buying a home, traveling, and starting a family has been pushed back to accommodate his search for self-satisfaction. I don’t mind that he’s soul-searching. My issue is that he isn’t making any time for me or considering the effect his choices have on our marriage.” ►



Six months out of the year, Lawrence dedicates most of his time to volunteer coaching and recruiting for the New York Rugby Club.



Lawrence spends hours a day on his BlackBerry, which Ali has nicknamed Money Penny, “since it’s so involved in our lives,” she says.



Because Lawrence spends so much time career-searching, Ali is left by herself and ends up feeling neglected: “This just isn’t the life I signed up for,” she says.

Lawrence: "I know Ali feels neglected, but I have explained that this is a temporary situation. When I decided to take the entrepreneurial route, she asked me which path I would be focusing on. I told her that I would be doing all of them and see how things panned out. I don't deny the plan's been drawn out, but I've told her, 'Let me run now so we can walk together later.'"

Ali: "In the meantime, I'm supposed to just sit around and wait. I want to be supportive of my husband, but only if what he is pursuing will benefit both of us. I'm working very hard at a full-time job and we have little to show for it. I want to move out of our tiny apartment and be able to visit my family in Aruba."

Lawrence: "I get really frustrated when I hear Ali say these things, because if I were her, I would look at these tough times differently. I thought she would take the position of, 'He's not at home with me because he's trying to get something started; he's doing what he can to create a career for himself and make some money.' Instead, she's just always angry at me."

Expert advice: "It can be very hard on a couple when one person is caught up in their own struggle, like Lawrence is professionally," Greer says. The Blabers' partnership has become lopsided as a result of so much of their lives' revolving around Lawrence's search for a career that will satisfy his need for respect and success. The first step to restoring the balance is for Lawrence to make an effort to consult Ali and consider her feelings as he searches for the right career path. "Part of what Lawrence is looking for from Ali is the understanding and empathy to accept what he's doing, but the problem is that she's not getting anything from him to sustain her," Greer says. "It could be really helpful if Lawrence not only talked to her about what he would like to be doing individually, but also left space for Ali to have input in terms of how she'll share in it, how she feels about it, and how it will affect her. If she feels included, it will help her be supportive of Lawrence and his goals." In addition, Greer says that if Lawrence "acknowledges the impact that his being away from Ali is having on her, it will make a world of difference in terms of the two of them connecting."

"Neither of us feels supported."

Lawrence: "Rugby is the crux of my universe. It's what I am good at and what I love doing. While it doesn't bring in a paycheck yet, my rugby coaching is the only thing that has worked out as I had hoped. I love the game, and I see results from my hard work:

One way for the Blabers to reconnect during busy days is to text sweet messages to each other.



Ali and Lawrence can start to pull down the wall of resentment they've built up by sharing their feelings and goals regularly.



BELOW: PHOTOGRAPHED AT BARNES & NOBLE, BROOKLYN, NY.

"We used to love to go to bookstores together," says Ali. To restore their intimacy, the couple should plan regular dates, doing activities they both enjoy.



I'm getting more responsibility and know that I'm valuable to my team. During the season, the game does take up a lot of my time, but this is what I love. I need Ali to understand that I am trying desperately to turn coaching into a full-time career."

Ali: "The rugby season lasts six months, and he's not gone just during the games but also during practice, union meetings, and the 'beer-ups' after the games. We've been married three years, and when the season comes around, we go through the same cycle: He'll be out until late in the evening six nights a week."

Lawrence: "I have tried to make Ali realize that rugby is not going anywhere. This is who I was when she met me. She gets upset when I go out with the team, but I have no desire to come home if all I'm greeted with is an argument. Ali says she wants to spend more time with me, so why, then, doesn't she come to a game to support me?"

Ali: "Lawrence has never told me that it would mean something to him if I came to one of his games. The truth is that I'm jealous of his rugby. I feel like I'm never going to be as important to him as his game is. I'm nearly crying just saying this, but I almost feel like he loves rugby more than he loves me."

Expert advice: "I hear this from couples all the time: 'Why does he have to play tennis?' or 'Why does she have to jog all the time?'" Greer says. "There are certain passions that truly make up who a person is, and rugby sounds like that for Lawrence." The fact that Lawrence wants to share his passion with Ali is important, Greer points out. "If she didn't mean the world to him, it wouldn't matter to him if she were at his game or not," she says. "If Ali can remove herself from the competitive equation and become more involved in the sport, Lawrence will feel more emotionally supported by her." In turn, Lawrence can make rugby feel like less of a threat for Ali by reaching out to nurture and connect with her about all the things in his life that make him happy, including rugby. "Lawrence's expectation that Ali will extend herself, come to the game, and become more involved in his world needs to be balanced by his commitment of time and interest in their marital life together," Greer says.

"We've completely lost our emotional and physical intimacy."

Ali: "I've started to withhold sex to show Lawrence how upset I am, which is something I never thought I'd do. I think, *Why should I have sex with you when*

4 ways to stay connected to each other's dreams

1. Open up. "Be sure to share your dreams and desires with your partner," says Jane Greer, Ph.D. "Letting your partner in on your goals allows him to be a part of them, so they become 'we' goals." In addition to being open with each other on an ongoing basis, Greer suggests scheduling formal meetings every six months to talk about future goals. "Say you want to start a family. If you know you have a meeting next month, you'll be able to give the issue some thought ahead of time, to think through options and obstacles, and to consider your partner's perspective," Greer says. "Rather than feeling anxious about discussing it off the cuff, you'll be able to sit down and have a mindful conversation."

2. Give in to your fantasies. Do you imagine taking an amazing trip to South America, or do you envision yourself as CEO of your company 10 years down the line? "Get into the fantasy together by playing it out and dreaming up all the details," Greer says. "Picturing a dream is key to pursuing it and making it happen, but more important, it's an incredible way to bond and feel intimate."

3. Think in terms of "me" and "we." Greer says it's crucial to consider how your individual dreams will impact your partnership. Maybe your man wants to move to pursue a new job opportunity, or you long to go back to school: These "me" goals will affect the "we." "The partner with the dream needs to say that this is something they really want to do and then explain how they envision it working out for the two of them," Greer says. "As a couple, look at the big picture together and consider with open minds where this dream might take you. It's a matter of involving both people in the goal and considering as a team any sacrifices or short-term compromises necessary to pursue it."

4. Be supportive. "You may not always agree with or share your partner's dreams, but it's important to at least understand and be accepting of them," Greer says. To prevent becoming angry or resentful, Greer suggests finding ways to be involved in his dreams. For example, if your husband is dead-set on becoming the next David Beckham, try kicking the ball around with him on occasion, or rooting alongside him during the World Cup. "The key is balancing your support of what's meaningful to him with your freedom not to be as passionate as he is—and to pursue your own individual dreams too," Greer says. —*Lindsey Palmer*

you'd rather spend time emailing potential recruits or your rugby friends? We even have a nickname for his BlackBerry—Moneypenny—because she's so involved in our lives!"

Lawrence: "When I come home, I can feel the resentment and anger in the air. Maybe it's better that all I do here is eat and sleep, since all I get when I come home is the evil eye."

Ali: "Lawrence will try to get physically intimate with me, but I'm not someone who goes from zero to 10 with one look or touch. I feel that the entire time Lawrence and I spend together should be an aphrodisiac; it should be foreplay, but it's not."

Lawrence: "There are times when I think about ways to move forward with Ali, but my anger flares up like acid reflux. There is a part of me that has been mad for so long that trying to change now really feels hard."

Expert advice: The wall of resentment that has come between the Blabers will only grow wider unless they make a united effort to tear it down. "Ali and



"I want to share more of my feelings with my wife," says Lawrence, who hopes to continue marital therapy. Ali finally feels that he understands her.

Q: How can I make a quality roast that doesn't eat into my quality time?





Lawrence are both feeling misunderstood and angry, and as a result, each of them is withholding the very essence of what they both need—the loving, the caring, the affection, and the expression of desire,” Greer says. “The more they withhold, the angrier they become, the more disconnected they both feel, and the more they avoid each other.” By focusing on rebuilding their emotional connection outside of the bedroom, Greer says, the Blabers will become more open to physical intimacy, because “sex is taking that emotional intimacy and communicating it on a physical level.”

One way the Blabers can reconnect is by committing to a weekly date. They can alternate planning activities they each want to share with the other—Lawrence taking Ali to a rugby game, for example, or Ali taking Lawrence to see a movie she wants to watch with him. Doing this will allow them both to indulge their passions while reaffirming their interest in connecting. Another way Lawrence and Ali can increase intimacy is by making the effort to reach out to each other in small, everyday ways—by sending sweet text messages, greeting each other with a kiss, and even holding

hands while watching TV. After the couple rebuilds their emotional connection, their desire to connect physically will naturally follow.

The couple's reaction:

Ali: “I really like the idea of weekly dates and recapturing what we had in the beginning. I also never thought I was jealous of rugby, but this session made me realize that I am, and that I need to work through that. I wasn’t aware Lawrence was hurt or angry that I wasn’t at his games supporting him, and that made me realize he cares for me. I’m going to make much more of an effort.”

Lawrence: “This experience taught me the importance of communicating my feelings to Ali. I realize that I need to show Ali more empathy and caring, in addition to asking for it myself. I need to let her know that I miss coming home to her at a decent time, that I know my schedule is hard on her, and that I miss having dinner with her and being with her too. This is the first time Ali and I have ever talked this openly, and I would like to continue therapy together.” **R**



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Body & Mind

It's time to take care of you

What's lurking in your tap water?

➡ Before you pour yourself another glass of water, be sure you know what's in it. The Environmental Working Group (EWG) analyzed tap-water quality throughout the United States and detected 316 contaminants—including pesticides, heavy metals, and industrial pollutants—most of which are unregulated by the federal Safe Drinking Water Act (passed in 1974). "Exposure to these pollutants has been associated with an increased risk of cancer and other diseases, yet there are no legal limits for many of them," says EWG study researcher Nneka Leiba. But don't reach for the bottled stuff just yet. In a separate study, EWG analyzed 10 bottled-water brands and found many of the same pollutants, plus chemicals that had leached in from the bottles. To protect yourself, Leiba recommends using water pitchers containing carbon filters or filters that attach to the faucet. Go to ewg.org/tap-water and search by zip code for water-quality results in your area. That way, you can look for a product tailored to fight local contaminants.

instant
updates

Pack more purple punch into your diet

We're routinely told to eat more greens. But what about purples and blues? Eighty-eight percent of us don't get enough of them, according to America's Phytonutrient Report—and we should, since these foods contain potent disease-fighting antioxidants. Some sweet sources, suggests American Dietetic Association spokesperson Marisa Moore, R.D.: berries (fresh or frozen), grapes, plums, and chopped red cabbage.



Yes, You Can

be healthier this month

Bust a bad mood with music

An afternoon at a gallery or an evening at a concert can do more than inspire you—it can perk you up. People in a study from the Norwegian University of Science and Technology who were involved with cultural activities (either as a viewer or by painting, dancing, or playing an instrument) had a greater sense of well-being than those who didn't. So pick up a pencil, visit a museum (check out museumfreedays.com to find free admission days near you), or shimmy around the house to create your own new-and-improved mood.

Find a fresh workout

At acefitness.org/getfit, from the American Council on Exercise, you'll find more than 100 moves and workouts you can do right at home. Now there's no excuse not to get active—ready, set, go!

Say good-bye to sniffles

Sinuses clogged? A neti pot may be worth a shot: Using this teapot-like tool to flush warm water through your nostrils and wash away toxins may sound gross, but it's an ancient technique and one touted by doctors as safe and effective. Consider the Betti Pot—a pretty, dishwasher-safe version that comes in nine colors—to make the process a little more palatable. (\$23, bettipot.com)



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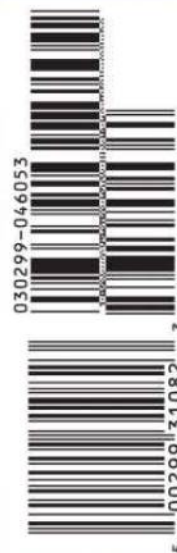
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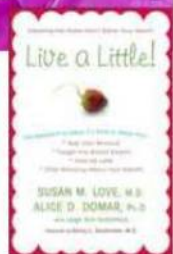
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Do you have an unhealthy tech addiction?

Technology has its perils—and purpose. Ali Domar helps you understand the difference.



Alice Domar, Ph.D., is the executive director of the Domar Center for Mind/Body Health, an expert for BeWell.com, and the author of six books, including her newest, coauthored with Susan Love, M.D., *Live a Little*.

A couple of years ago, I splurged on a pair of tickets to a Red Sox game for my husband Dave's birthday. They were seats of a lifetime—front row, behind home plate. Just before we left for Fenway Park, I received an email from a TV news producer, asking for my opinion on a story. You can guess what happened next: For most of the game, I was glued to my BlackBerry. Not exactly how Dave or I would have chosen to savor that experience.

Since then, I have paid a lot of attention to how technology affects our lives and our relationships. We've all heard the rumored negatives: Watching TV makes us fat! Cell phones cause brain tumors! Texting gives you carpal tunnel syndrome! And some of these downsides are indeed documented. Research does show that obesity is highly correlated to the number of hours we watch television each day. Making calls from a car can diminish your ability to drive, in some cases even more so than alcohol. And there are some reports that cell phone use might (*might*) be linked to cancer. So can we embrace all the technology pervading our lives and stay pretty healthy?

I say yes. Technology can be convenient and angst-preventing—like when your teenager calls from her cell to say she's stuck in traffic, allowing you to stop imagining her in a ditch somewhere. If technology helps save you time, great. If it's replacing the irreplaceable human touch in your life, that's not so great. It all depends on how you use it:

- It's a problem if you spend your entire evening playing video games. It is not a problem if you come home,

spend 30 minutes at the gym or taking a walk, and then unwind with the Wii.

- It is a problem if you communicate with your friends only via email or texts. It's not a problem if you use your handheld device to figure out when everyone is free and let them know where and when to meet.

- Facebook is great for checking out photos of your cousin's baby, but it's a horribly impersonal place to break off a relationship.

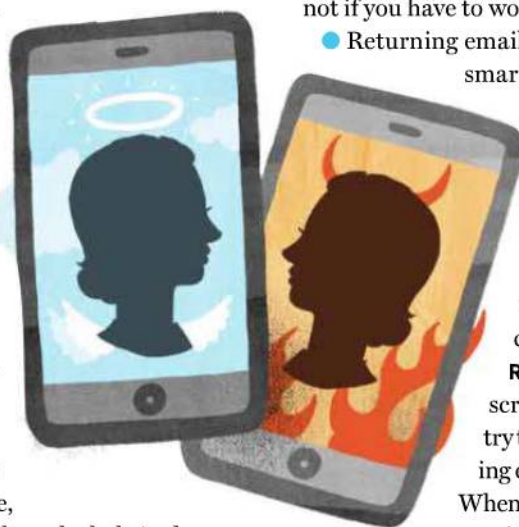
- Instant messaging is fun for saying hi to pals, but not if you have to work late after chatting all day.

- Returning emails in the doctor's waiting room is smart—but would that time have been better spent coming up with questions for him?

The key is to maximize the conveniences and, yes, delights of technology without letting it gobble up more of your time than it saves, or choosing it in place of crucial face-to-face interactions.

Rule number one: Limit non-work screen time to two hours a day—and try to curb it at work too (say, by checking email only once an hour). **Rule two:** When you need to talk to someone about a sensitive topic, communicate in person.

The written word just doesn't convey the facial expressions and vocal intonations that can make your meaning clearer. If you can't visit someone, make a call. And if you have to send an email or text message, be superclear in your tone and meaning; I can't tell you how many times I've received an email that left me sad or angry, only to find out later that I had misinterpreted the intent. **Rule three:** No staring at your BlackBerry during dinner—or any other time you're with a real live friend. When you're in someone else's company, let your phone messages go to voice mail. Now that's a pretty-healthy use of technology. **R**





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Time for You

Feel like you're always trying to measure up? Take a break from the get-ahead game and enjoy your right-now life with these tips from Elaine N. Aron, Ph.D., author of *The Undervalued Self*.

Take 5 seconds to... Give yourself a meaningful compliment. While "I'm an amazing person who deserves love from everyone she meets" sounds nice, this exaggerated affirmation doesn't apply to any real person—and could make you feel worse when you say it, Aron warns. Instead of giving yourself a puffed-up pat on the back, remind yourself of specific accomplishments (finishing that 5K, your ability to cook without recipes) or comfort yourself with memories (like how much fun a recent family vacation was).

Take 15 seconds to...

Be your own best friend. One of the best ways to combat low self-esteem is to become friends with the needy, uncomfortable parts of yourself that you try to hide, Aron says. If you're sitting solo at a party, instead of berating yourself for not being more social, show yourself some empathy. Give that uneasy part of you a name (Ms. Nervous, or any nickname that feels right to you) and imagine talking to her as if she were a vulnerable friend. Talk out loud if you want (maybe in the powder room, not at the crudité platter!). By being aware of that vulnerable side of yourself, you can begin to accept and appreciate your authenticity.



A private
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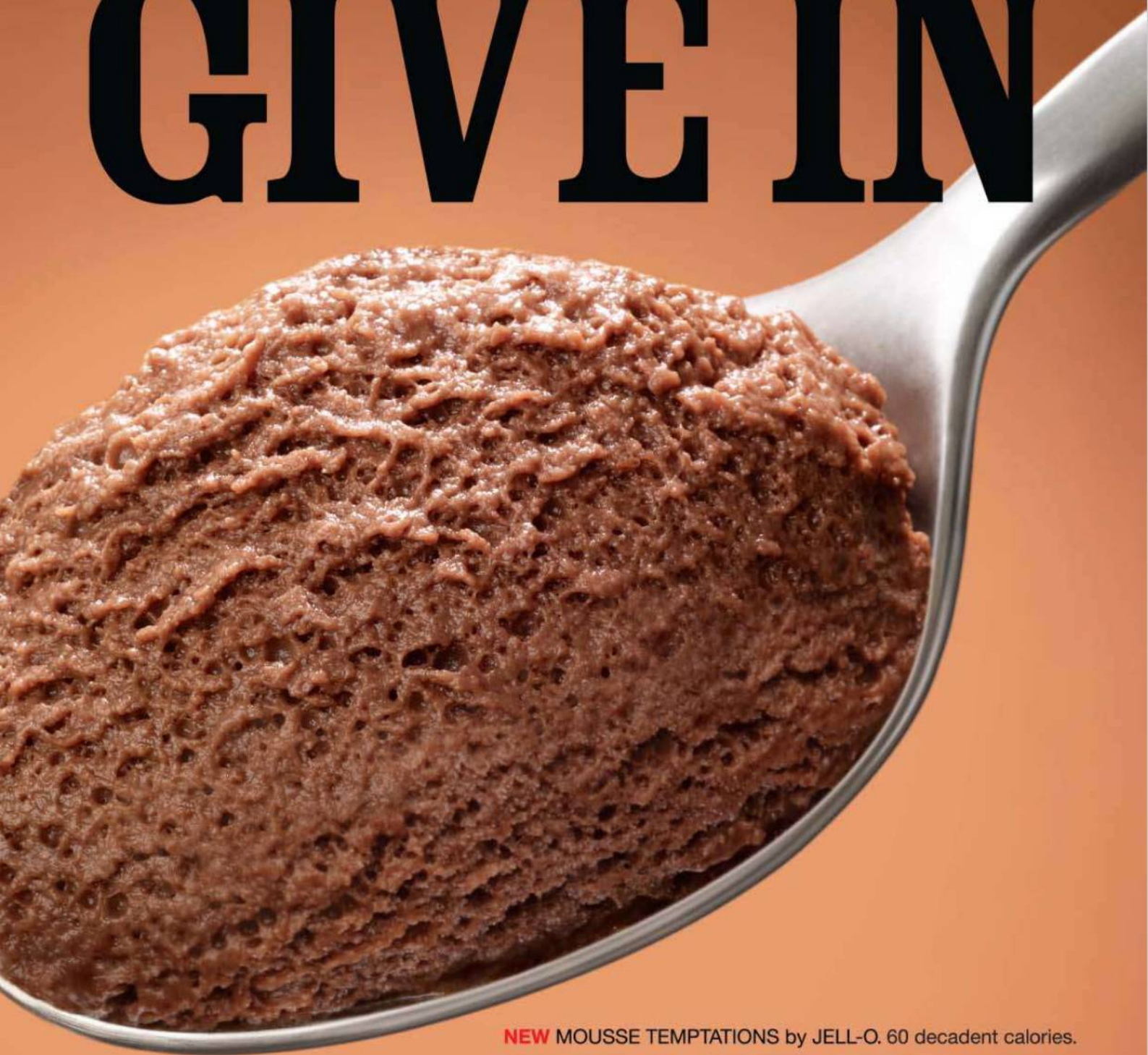
Take a minute to...

Engage with your frenemy. It's easy to slip into competition mode when you feel insecure or jealous—which often leaves you feeling bitter rather than better. The antidote? The next time you feel the urge to compete, try to create a connection instead, suggests Aron. Think of the acronym SEEK (smile, empathize, eye contact, and show kindness), then act on it. PTA mom prattling on about her exotic vacation? Instead of one-upping her with your own itinerary, simply tell her how nice it is to see her again. Connecting halts the comparison cycle and takes the focus off your insecurities.



Smile,
Susan!
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can disarm
a frenemy.

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My Space

Actress **Christa Miller** recharges in her sanctuary by the ocean.

Christa Miller's schedule is packed: She plays Jordan Sullivan on *Scrubs* and Ellie Torres on *Cougar Town*, serves as music supervisor for both shows, and is a wife and mom of three children (Charlotte, 9, William, 7, and Henry, 3). That's why every Friday, Christa and her husband turn off their cell phones, herd the kids into the car, and head out of the city to their beach house. Once there, Christa arms herself with a camera and a stack of books and sets up camp in a chair overlooking the Pacific—and then exhales. "Books help me empty my mind, and photography is such a creative outlet," she says of the dual passions she indulges in during her weekend downtime. But sometimes, truly savoring the moment simply means sitting still. "To me, the ocean is therapeutic," Christa says, "especially when I let my mind and body unwind to the crashing of the waves."

"Everything I need to do has to be done before I can really relax."



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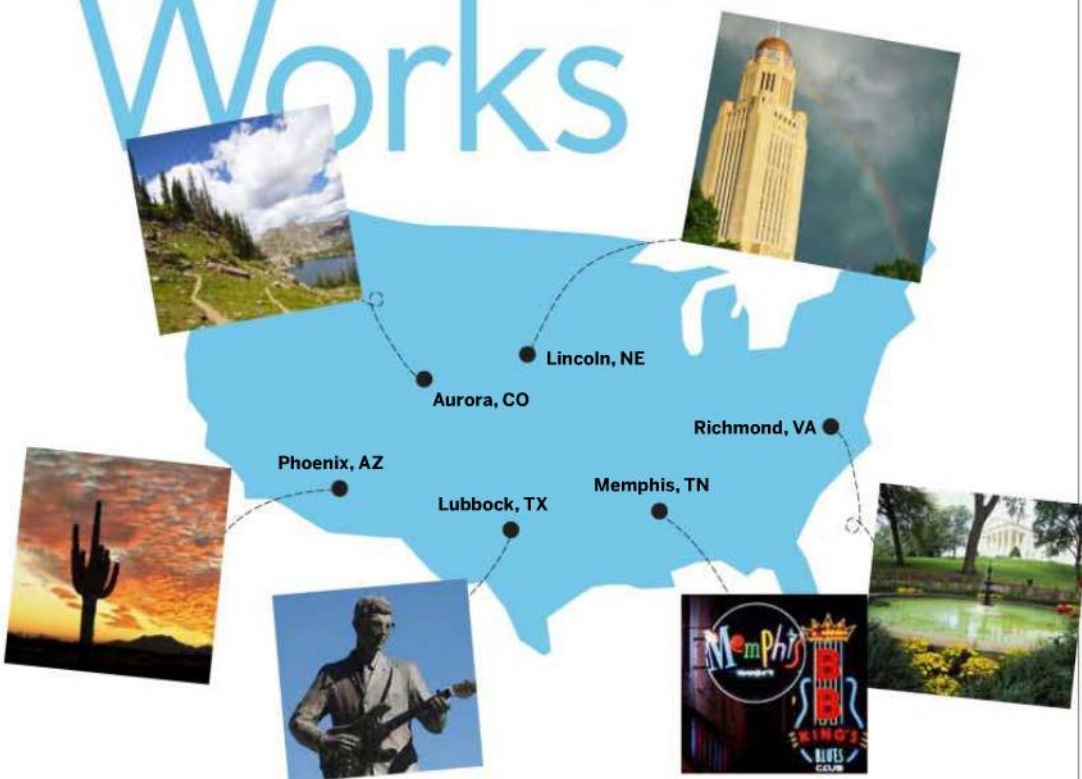
Making It **Work**

Life's complicated. Here's how we do it.

File this under “We suspected as much”

➡ It sounds like a dream: Your husband offered to go to the supermarket for you. He and your kids head off to World of Food with a supersimple shopping list so you can enjoy an hour or two of peace and quiet. But hold on—though sending your guy to pick out produce and frozen pizzas seems like a good idea, chances are it will cost you: Men are more likely than women to give in to kids' pleas for impulse items, says sociologist Paco Underhill, author of the upcoming book *What Women Want*. So if you want to save some cash, stick with doing the shopping yourself. Want to save time *and* your sanity? Leave the little ones at home with Dad while you hit the grocery store.

What Works



Where the living is easy (AND CHEAP!)

Becoming a secure first-time homeowner might feel like a pipe dream in this dreary economy, but fortunately there are reasonably priced homes for sale in some cool locales. Where? Try **Memphis**, says real estate site cyberhomes.com, which analyzed 7,000 U.S. zip codes and ranked the Tennessee city's 38018 code the number-one area for affordability. How does the site measure affordability? Someone earning Memphis's median income (\$86,000) could afford to pay the median home price (\$117,000) there more easily than residents in any other region in the country. The other most affordable housing markets include **Phoenix**; **Lincoln, NE**; **Lubbock, TX**; **Richmond, VA**; and **Aurora, CO**. To find out where real estate and your reality meet, plug your home city or town (or one you've dreamed of moving to) into the search tool at cyberhomes.com and learn about median home prices and incomes.

A smart job-search strategy

Looking for a job? Go ahead and apply, even if you don't think it's a perfect fit. Researchers found that women tend to apply for an open position only if they feel they meet 100 percent of the listed requirements, while men will go for it when they believe they meet just 60 percent of the criteria. Especially in this economy, with more than six job seekers per available job out there, there's nothing to lose by investigating *all* your employment options. Send your résumé!

Sparkle up your 9-to-5

Even if you're stuck in a cubicle pushing papers, finding ways to add creativity to your day will make for a more joyful job. Think Jim playing pranks on Dwight to spice up his day at Dunder Mifflin—only don't (ever!) go that far. In her new book, *The Artist in the Office*, Summer Pierre suggests some easy tweaks to your workday that will yield big bonuses in your happiness level:

instant updates

- Round up all your office doodles and squiggles and assemble them into a sketchbook. Flip through it to discover the surprising stuff that's been running through your mind during the past month's worth of meetings, and get inspired to keep drawing.
- Use your lunch break to embark on an inspirational adventure. Head to an art gallery with a sketch book, dream up fun poses in a photo booth, or sit in a coffee shop and record your stream of consciousness.
- When you feel tempted to vent or gripe about work, instead make a list of all the things you really like about your job, such as the cool projects you've been working on, your office buddy Jesse, or the fact that you sit by a window.
- Start a photography project (keep it discreet by using the camera in your phone): Snap images of a collection of similar items around the office—coffee mugs, half-eaten lunches, plants. Or shoot a series of daily self-portraits at 9 a.m. and 5 p.m.



CITIES: CLOCKWISE FROM TOP LEFT: DAVID EPPERSON/GETTY IMAGES, GEORGE BURBA/GETTY IMAGES, PETER GRIDLEY/GETTY IMAGES, ANDREA PISTOLES/GETTY IMAGES, GETTY IMAGES, DUSTY PIXEL PHOTOGRAPHY/GETTY IMAGES. BOOK: COURTESY OF PUBLISHER.

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New ways to tame credit card debt



Beth Kobliner is the author of the *New York Times* best seller *Get a Financial Life*. She can be heard each week on the nationally syndicated public radio show "The Takeaway." Visit her at bethkobliner.com.



As the economy continues to sputter along, I've been hearing a small but growing chant throughout the land (think Horton hears a *ka-ching*) that goes like this: You're mad as hell and you're not going to charge it anymore! Or at least that's the dream.

You're sick of lugging around massive amounts of credit card debt. The good news is that just as you're reading the words on this page, brand-new federal regulations are kicking in that will help you kill off your debt. The bad news is that your credit card company may already have hiked your interest rate in a last-ditch effort to make money off you. So it's important to understand exactly what the changes mean for you. Here's what credit card companies can and can't do—as of February 22—and what you must know to reduce your costs and protect your credit rating.

1. They can't raise interest rates on debt you've already racked up. The one exception: They can hike rates on these existing debts if your payment is more than 60 days late.

Your takeaway: You *must* pay on time. Every time.

2. If your card charges you different interest rates (say, 14 percent for existing balances, and 2 percent for balance transfers), they must apply your payments to the debt carrying the highest rates (i.e., the 14 percent) first.

Your takeaway: The faster and more you pay off, the more money you save.

3. They can't raise your rates if they find out you've been late on other credit cards or loans.

Your takeaway: A slipup on one bill can no longer automatically trigger higher rates on other cards and

loans. But it *will* hurt your credit score, which can eventually lead to higher interest rates and a tougher time getting credit and loans. Again, don't be late.

4. You can no longer go over your credit limit—and be charged the subsequent fees—unless you notify your credit card company in writing that you'd like to spend more than your limit.

Your takeaway: Don't ever opt for the "right" to go over your credit limit; it's a costly convenience.

5. They will tell you—on your bill—how long it will take to pay off your debt and how much it will cost you, including interest, if you pay only the minimum each month.

Your takeaway: Get ready for a reality check. If you owe \$5,000 at 16 percent interest and you make only the minimum payments, it'll take you nearly 18 years and \$9,856 in interest to pay that off! Add just \$20 per month to those minimums and you'd be debt-free in a little over eight years and have paid \$3,922 in interest. Paying even a little more than the minimum will get you out of debt faster and cost you less in the long run.

6. Those under 21 years old won't be able to get a credit card unless they show proof of income or get an adult to cosign.

Your takeaway: If your teen is nudging you for a card, say no to cosigning. His or her slipup can mess up your credit score for years. After all, if your child wants spending power, he can get something called... a job.

And that brings me to the most important change of all: our attitudes. Though credit cards have become ridiculously complicated over the years, the most important rule is as simple as it gets: Don't spend money you don't have. **R**



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Working at home gives Kristen the freedom she craves—so why does she feel so stressed? Organizing pro Julie Morgenstern helps this busy mom find the right balance between desk time and family time.

The challenge

Kristen Kemp, 37, has created a work-from-home life she loves. She runs a website, baristakids.com, which highlights the goings-on in her Montclair, NJ, community, and is also coauthoring a book. A babysitter watches Kristen's kids (twins Estelle and Annabelle, 4, and son Soren, 2) during the day, but Kristen often finds herself taking breaks to hang out with them and her husband, Johan, a European market investment banker who works nights and gets home in the early afternoon. Recently, when Kristen missed a book deadline, she realized she needed to stick to a schedule to get her work done—but wasn't sure how to do that without sacrificing family time.

Julie's plan of action

Kristen has worked hard to create a life that enables her to do things she loves, like take a midafternoon break to play with her kids. But it's my hunch that she's avoiding key tasks, and that the flexibility she instilled in her schedule is actually adding to her stress. By creating a framework for her on-the-job days, Kristen can overcome her procrastination and truly find the freedom in her flexible schedule.

1 Uncover your real roadblocks. First, I wanted to explore why Kristen missed her book deadline. When a task isn't done, there's usually a reason besides simply being busy. For instance, is there some performance

HAIR AND MAKEUP: STACY BENEKE FOR MARK EDWARDS INC.

anxiety involved? After talking, we realized that Kristen was procrastinating because the book project feels so daunting that she's terrified of not doing it right and disappointing her editor and subject. I suggested she write a list of questions she has, then schedule a meeting with her editor. By facing her fears, Kristen can get rid of the mental clutter that's holding her back and devote that energy to the assignment.

2 Manage your goals. Like many of us, Kristen overestimates what she can get done in a day. She knows she can't complete a manuscript in an afternoon, but that doesn't stop her from sitting down to write with the vague plan to do "as much as possible." Later, she feels demoralized when she barely makes a dent in the project. Once she's clear on her assignment, I suggest that Kristen stay on task by creating a weekly word goal, at least until she knows how many hours it takes for her to write a chapter; she can use this knowledge when discussing deadlines with her editor. Similarly, Kristen is never sure how many blog postings are enough for her website—some days she'll post four entries, while other days it's a struggle to post even one. I suggest she commit to posting two entries a day, which will allow her to feel satisfied when she hits her target and not feel guilty that she didn't write more. Setting limits ensures you won't get burned out, and setting targets you can achieve gives you the motivation to make your goals happen.

3 Divide and conquer. Another reason Kristen's to-do list tends to be impossible to complete: It doesn't show how long a given task takes. That's why I often suggest writing to-do's on a calendar, with specific time frames for each part of a project. For example, when Kristen works on her blog, she's really writing entries, responding to emails, and speaking to sources. So instead of simply thinking that she'll "work on her blog" from 12 p.m. to 2 p.m., she can allot an hour for blogging, half an hour for emailing, and so forth. Breaking down a task into bite-size assignments helps quell boredom (and the subsequent "Well, 15 minutes looking at panda videos on YouTube won't hurt" breaks).

4 Create office hours. Kristen has gotten in the habit of responding to every email or call that comes in, regardless of what the message is about. This makes people assume she's always available, causing them to call more often—and leaving Kristen feeling unfocused and frazzled. I suggest she establish official office hours by setting up an out-of-office email message and voicemail greeting stating that she'll respond between

2 p.m. and 3 p.m. Kristen can then use that time to catch up on correspondence, leaving her mornings available for distraction-free writing.

5 Define your break time. One of Kristen's favorite morning rituals is walking her children the two blocks to preschool. I suggest she make the most of this time, even leaving the house earlier than necessary so everyone can enjoy a leisurely walk and playtime before school starts. By expanding this task into 45 minutes and writing it into her schedule, Kristen has a relaxing way to begin the day and won't feel like she's wasting time that could better be spent working. Similarly, she looks forward to 1 p.m., when Johan comes home from work, but often feels guilty taking a break to greet him. I suggest Kristen and Johan carve out a block in their schedules—such as two hours when he comes home—to enjoy time together.

6 Don't get derailed. Kristen often accepts invites—whether it's a coffee catch-up or a cocktail party—then finds herself canceling at the last minute because she feels overwhelmed by her to-do list. I recommend that Kristen categorize every invite that comes to her as work-related, family-related, or simply social, then assess how devoting time to that activity would affect her schedule. For example, a coffee date with a fellow writer will take a solid hour out of the time she's allotted for her own work. Would the result of a meeting (brainstorming, commiserating, or networking) be "worth" an hour of time? If not, then Kristen may simply decline, or suggest a quick phone call instead.

And of course, unplanned events, from a sick babysitter to a surprise snowstorm, can throw your day off. The trick in these situations is to pick one priority for every day—in Kristen's case, a block of time to work on the book—that will get done regardless of what comes up. That way, the tasks that are most important to you will stay on track, and you'll have the freedom to enjoy your great, big life!

Kristen's response

"It's amazing how much my life changed with these simple suggestions. I began making work plans that were realistic, plowed through to-do lists, and had lots of time left over for my family in the evenings. I realized that if I have set office hours, I can really enjoy family time later in the day. Of course, now and then, a planned day goes to hell. But then I can regroup and get organized for the next day!" **R**

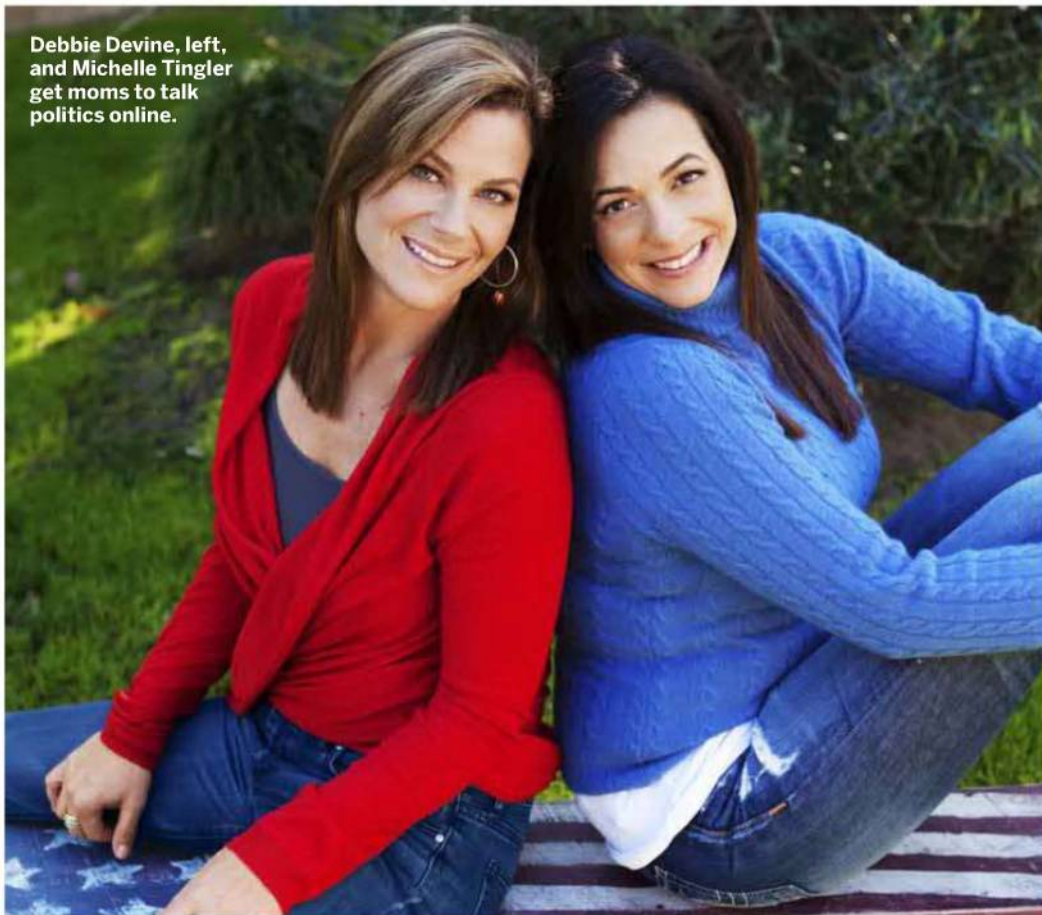


Julie Morgenstern is an organization and time-management expert, productivity consultant, and *New York Times* best-selling author of five books, including *Shed Your Stuff*, *Change Your Life*.

**Unplanned events
will come up. To stay
on track, choose
one task and make it a
priority for the day.**

MomLife

Debbie Devine, left, and Michelle Tingler get moms to talk politics online.



Launching a friendly debate

During the 2008 election, longtime friends Michelle Tingler, an Obama mama, and Debbie Devine, a McCain mom, found plenty to argue about over their kitchen tables. But they realized that, like all moms, they were united in one goal: making the country a better place for their kids. (Tingler is a mom of three, ages 10, 7, and 3; Devine has an 11-year-old and a 6-year-old.) So in November 2009, the 42-year-old California pals launched o-mama.com, a website where mothers from every point on the political spectrum can discuss the latest hot-button issues. (Right now the boards are sizzling with talk about health care, terrorism, and the wars in Iraq and Afghanistan.)

**hot
mamas**

Unlike other political websites, where opposing sides often scream at each other in ALL CAPS, O-Mama is a place where moms with different viewpoints are encouraged to listen to one another respectfully—there's a button to click on the Democratic Moms and Republican Moms chat boards to "cross the aisle" and share thoughts with the other team. "Moms instinctively seek common ground," Tingler says. "We are master negotiators and find common-sense solutions to everyday problems." Sounds like Obama should be listening closely to O-Mama.

"Some of my best friends are virtual"

Could KatiesMom72 and Luv2Knit become your lifelong buds? According to a poll of more than 1,300 moms by Mom Central Consulting, over 60 percent of moms have made a new friend from chatting about parenting and shared hobbies online—and over 30 percent of those have turned into lasting friendships in the real-live world. Seek out your future friends at o-mama.com (see left), cafemom.com, or momcentral.com.

THE BEST WAY TO WARD OFF A MELTDOWN (YOURS!)

"Every parent should have a network of calming forces—people who are sane and reasonable, who know you and your child really well. The other day, [my son] Oliver said, 'I hate school,' and I got really upset and called my friend Tara, and she said, 'He's 3! Didn't he say yesterday he hates ice cream?'" —Ada Calhoun, the founding editor of babble.com and author of *Instinctive Parenting*, a collection of essays celebrating the smartest parenting expert—you!

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THE
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Sometimes love hurts

A sock in the eye, a bite on the arm—these are the war wounds of motherhood.

You expect all kinds of discomfort when you have a baby. First there are the mild to moderate to *Are you kidding me* twinges during pregnancy and the standard physical and emotional marathon of labor and delivery (plus ensuing flashbacks). Then you brace for the blinding pain of those first few days of nursing, the full-body aches and madness that come with sleep deprivation. Sure. Me, I signed up for all that. I was ready.

But then it turns out that your child *continues* to inflict pain upon you. The professionals couch this in terms such as *boundary testing* or *tactile/kinesthetic exploration*, but the fact is your kid will beat you up. At some point, when you least expect it, your child will engage you in a full-on frontal assault. Your delicate baby will sink her sharp, new little teeth into your lower lip.

Your doe-eyed toddler will sock you right in the nose. It is almost inevitable.

Babies, as we are told, might bite or kick or punch or pull or grind because they are little scientists, innocently exploring their world by pummeling it into a mush. They don't mean any harm; they just want to see what will happen when they knock something senseless, is all. The important thing, the experts will tell you, is not to make a big deal of these playful experiments. Ignore. Or simply issue a firm "No." Do not yell or carry on.

There's nothing a baby enjoys more than a dramatic reaction, naturally—your pained shrieking is, to them, delightfully novel!

Because I had read all about this feisty period in a baby's development, I was ready. (I might have practiced my firm yet dispassionate "No" on a few throw pillows. Maybe a stuffed animal. Who can say?) But the first time Henry decided to experiment (scientifically), his chosen subject was my mom. She didn't know what I and the experts knew. She had not been apprised of this new thinking. She was holding him and he was gurgling and cooing, and then his hand was a fist and it landed in her eye socket. She cried out in surprise and pain. I lunged forward to stop her, which further alarmed both her and Henry.

"You're not supposed to react!" I cried out. "The books say not to react!"

Later I thought, *How is that a nice thing to say to someone who's just been struck? By your child? Which means it's somehow your fault?* "The books say your human reaction is incorrect, Mom! Cease and desist your, uh, having it!"

My mother looked at me with her one good eye as if I had lost my mind. "You try not reacting to someone socking you in the face. Get me an ice pack."

Next, Henry set his sights on his father. The two of them were playing on the bed while I cooked dinner. A few minutes later, I heard an inhuman howl. Assuming a pack of coyotes was on a rampage in our bedroom, I burst in with my spatula, ready to protect my family. The tableau I found was not pretty. Henry,

I don't want to tamp down my son's natural exuberance or developmental curiosity, yet I do want to live!

it seems, had indulged his curiosities by seeing what would happen if he kicked Scott between the legs as hard as he could. While Scott writhed and carried on, I tried to point out that maybe he shouldn't keep his legs that far apart while playing with a 2-year-old child. Which, it turns out, isn't a good thing to say to someone who's in that much pain. I then observed that Scott was making a lot of noise, and remember how you're not supposed to react? Scott? Remember? But that wasn't the right thing to say either. At any rate, Henry was really enjoying watching us both.

Weeks passed, and Henry decided it was my turn. I was holding him and chatting with a friend when, without warning or fanfare, my sweet baby reared his head way back and—*ka-chunk*—slammed his skull into my teeth. It felt like someone had shot a cannonball right into my face. I clutched my mouth, weeping, searching for signs of looseness or bleeding; Henry was weeping too, because I guess my teeth hurt his forehead (sorry, kid, this wasn't my idea). “Nooooo!” I wailed. I tried to sound firm and calm, but my tongue was rapidly swelling. “NooOooaaaagh!”

Defensive maneuvers

Henry's aggressive phase was brief, if vividly remembered. But while his behavior has changed significantly, the assaults continue. Children, even ones who have grown up enough to know that they shouldn't slam you in the head or the testicles, have only a vague understanding of how their bodies move through space. They're uncoordinated and given to spontaneous physical gestures. And they want to stand really close to you and show you their new toy with all its pointy parts. Or they want a piggyback ride and will, without warning, leap onto your neck, as you imagine your vertebrae collapsing like a busted ladder.

Henry's overall lack of body awareness and physical boundaries means, for instance, that he has several times run to hug me and knocked me over, or joyfully flung his newest Lego creation into my midriff. He won't hesitate to indulge a sudden desire to show me his toothbrush up close—so close it pokes me in the tear duct.

I don't want to tamp down his natural exuberance, yet I do want to live! Which is why I have created four essential techniques, drawn from the wisdom I gleaned during those two weeks I took tai chi:

● **The Unbending Bough:** When your child is hurtling her entire body in your direction, tighten your core and shoot your arms out in front of you, parallel to the ground. Grab her as soon as she reaches you. It

looks as if you're reaching out for a hug, but actually you're saving yourself. And no one has to know.

● **The Watchful Egret:** Whether you're playfully wrestling, helping your child put on his shoes, or just sitting with him on the couch, always be aware of the location and status of each of the child's limbs. Never let your attention waver. This is especially true of the Feet. The Feet will get you. Usually square in the nose. Keep one hand free to sweep any wild or errant limb aside, before it can make contact with your face.

● **The Boa Constrictor:** Has your kid had one too many cookies? Did he just watch another Star Wars movie, and is he acting out all the parts at the same time? If you can't calm his flailing, squeeze him into submission. It's the only way.

● **The Wincing Hedgehog:** If you suddenly see an elbow coming toward a vulnerable area, curl up and cry out at the same time.

These moves can also help if your child enjoys wrestling with you. Although wrestling might seem counter to the whole keeping-your-parts-from-breaking goal, I recommend it. Flinging your bodies around for a bit (on a forgiving surface, of course) can help your child burn off some of the excess energy that might lead to his hurling a juice glass at your face during dinner. Most important, you're essentially just hugging most of the time, and your child doesn't even have to know it. After all, it can be hard to get a hug out of a 7-year-old boy, but it's easy to get a 7-year-old boy to submit to your Quantum Death Grip. Just make sure that this doesn't lead to Quantum Death Kissing, because then your child will be totally on to you. **R**



Alice Bradley also shares her adventures in parenting at finslippy.com, momversation.com, and lets-panic.com. She lives in Brooklyn with her husband, son, dog, and cat.





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Work in Progress

Would you bring your baby to the office?

New England mom **Denise Towne** wasn't sure what to do about child care for her baby, until her company invited her to keep her little one by her side from 9 to 5. By Marisa Cohen



Denise Towne nursed all three of her kids at her desk.

When Denise Towne packed her hiking boots and moved from upstate New York to Vermont after graduating high school, she couldn't wait to lose herself in the beautiful scenery, the hiking trails, and all the opportunities to go snowboarding. But it quickly dawned on Denise, now 38, who lives in the tiny town of Cabot, that the sports-lover's paradise she'd chosen was also a great place to raise a family. "Everywhere you go, you see a friendly face," she explains. "Living in a small town is like having an extended family—everyone watches out for everyone else's kids."

By the time Denise got married to Steve, a high school teacher, and was expecting her first child, in 2002, she had also found what she considered the perfect job: As production manager at the children's clothing company Zutano, Denise oversees work being done in facilities as far away as Macao, all from her office in a converted barn surrounded by maple trees. It's the kind of low-key office where coworkers feel like family, the owners bring their dogs to work with them, and their daughters stop by after school to visit, Denise explains.

But Denise's rural idyll almost came crashing down around her when she began exploring child care. "Staying home was not an option—our family needed both salaries to pay the mortgage on the house we had just

bought—and we couldn't afford a full-time nanny, so I just assumed I'd put the baby in day care," she explains. But the only day care in Cabot was completely full, and the next closest ones were in Montpelier, a 45-minute drive away. "I wanted to be able to pop in and see my baby during the day," Denise says. "I couldn't stand the thought of being so far away from him."

Denise tried to hide her anxiety from Michael and Uli Belenky, Zutano's owners, but they must have known, she admits. The Belenkys, it turns out, already had a solution in mind: They asked Denise if she would consider bringing her baby to work with her. "They said I could bring him for up to a year, but if it didn't work out, we would end it earlier," Denise explains.

"I couldn't imagine how it would work"

Denise was intrigued by the idea, but she wasn't sold on it right away. "I couldn't imagine how I would make it work," she admits. "What if the baby cried? What if I had to nurse in the middle of a meeting?" Even more worrisome to her was how her coworkers would react. "I was the first person at the company to try this, and I was afraid everyone would resent me for it. Would the people who didn't have babies think I was getting special treatment? Would they be mad at me if the baby was disruptive or the office smelled like dirty diapers?" So before she said yes, she went around and asked each of her coworkers if they were really, truly

COURTESY OF SUBJECT.

okay with the idea. Not only were they okay with it, Denise reports, but they were genuinely excited. “We’re a children’s clothing company, after all,” she says with a laugh. “Having a baby around to model all the clothes for photo shoots was actually a bonus!”

So 10 weeks after her son, Patrick, was born, Denise bundled him up and brought him to her office, which had been outfitted with a crib and changing table. Working with a newborn next to her desk was easier than she expected. “He would spend the day either sleeping or nursing,” Denise recalls. There were a few embarrassing moments, of course—loud diaper explosions in the middle of a staff meeting; the time a FedEx guy visibly blanched when she opened her shirt to nurse. Denise says she quickly got into the habit of plopping Patrick in the stroller and taking him out for a walk to cool off as soon as he got fussy—which was fairly often. Still, Patrick soon became a beloved office mascot. “If someone just needed a pick-me-up, they would stop by my office to see the baby, and they’d always end up leaving with a smile,” Denise says.

“I actually wound up working more”

While the situation at work was great, Denise admits that it caused a few problems at home. “I actually wound up working more hours in the office, which took away from time with my husband,” she says. “If Patrick napped at 5, I wasn’t going to wake him up to take him home. I would just stay and pump out more work. Then I’d get these calls from Steve asking when I was coming home for dinner.” And while she appreciated the 24/7 time with her baby, it could be draining, too. “When I came home, I would just want to hand the baby over to Steve and get some downtime.”

Still, experiencing her baby’s first steps and seeing his first tooth come in were well worth any sacrifice. Not to mention the hours of stress in the morning she

was able to eliminate. “If I had to pump or pack up formula and then drive 45 minutes each way to drop him at day care, it would have been exhausting,” Denise says. Instead, she spent a leisurely morning nursing, then drove to the office, just five minutes away.

As Patrick got more active toward his first birthday, crawling every which way and stuffing important papers into his mouth, Denise knew it was time for him to move on. “At that point I started realizing that he needed more interaction than he could get just hanging out in my office,” she explains. Luckily, by that time, a former Zutano employee had opened a home day care nearby, and Patrick was the first baby to enroll.

Zutano has since made “Babies at Work” an official company policy, and over the last seven years, 18 other babies—including Denise’s daughters, Lauren, 5, and Morgan, 18 months—have come to work with their moms (and one dad). The company has even begun “Doggy Days” so employees who don’t have children can bring their furry loved ones to work occasionally too. When Denise was looking for a new assistant a few months ago, she found the perfect candidate—who just happened to be seven months pregnant. “It’ll be nice to have another baby in the office!” she says, laughing. Denise’s three children are now in school and day care, but she says that the program has profoundly influenced how they view their mother’s work. “It’s surprising how much my kids remember and how close they feel to my coworkers,” she says. “It makes it so much easier for them to understand why I go to work every day. They really understand what I do and why I love it.” **R**

“I was afraid: Would people who didn’t have kids think I was getting special treatment?”

How to get babies on board at your job

Zutano is just one of more than 150 companies, including state agencies in Kansas and Arizona, that have babies-at-work policies. If you think this plan might work at your company, follow these tips from Carla Moquin, founder of the Parenting in the Workplace Institute:

Ask yourself: Is it really doable? Consider whether having a baby around will truly mesh with your job. Safety is key, so if you work in a factory, you’re probably out of luck—though you can ask to be moved to a desk job temporarily, Moquin says. Also, if you frequently work off-site or meet with clients all day long, consider whether there’s an option to stay in one place.

Go in with a plan. Once you’ve figured out whether it can work for you, approach your boss with a solid plan for launching a babies-at-work program. Download a detailed list of business benefits—such as moms’ taking shorter maternity leaves—and a template for a company policy from babiesatwork.org.

Suggest a two-week trial run. “It’s much easier to get someone to agree to this plan if they don’t feel pressured to sticking with it if doesn’t work,” Moquin says. The first days will be rough for everyone, she notes, but don’t give up right away. “Once you and the baby get into a rhythm, work days will become easier.”

A hand holds a yellow sign in the foreground. In the background, a parade float features a large crown and the word 'QUEEN' in large letters. A woman in a yellow dress and sash is on the float, and another woman in a yellow dress and sash is in the foreground. The scene is set against a blue sky and a building.

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1

**Try some
orange pop**

The makeup color of the moment is a bright, juicy shade of orange, says Molly R. Stern, a CoverGirl celebrity makeup artist.

Try it on your lips with CoverGirl ShineBlast Lip Gloss in Fire, \$7.50, or Revlon ColorBurst lipstick in Coral, \$9.

18 easy instant updates

Give yourself—and your home—a little lift with these simple, satisfying mini-makeovers.

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2 Floor them with your wall hanging

Here's an idea that's sure to impress: Hang a vivid rug on the wall. This inexpensive statement adds warm texture to a room and dampens sound. To hang without damaging the wall or rug, adhere decorating Velcro to the back of the rug and to a strip of wood that can hold the weight of the carpet. Affix hanging hardware to the back of the wood and screw it into the wall. Wool/cotton zigzag rug, West Elm, \$99.

ON HIM: AMERICAN APPAREL TOP, DOCKERS PANTS. ON GIRL: H&M CARDIGAN, TOP, SOCKS, AND SNEAKERS. GYMBOREE SHORTS.



3

Top it off

Bring base layers (like pretty tees and sparkly tanks) out of hiding by wearing them over a fine-knit top or a fitted button-down. "Spring Heritage" sequin top, Banana Republic, \$98. Long-sleeved tee, Uniqlo, \$16.

4

Frizz-free at last

Curly girls, get the best of both worlds: Keep your spirals, but also get sleek, straight strands without being a slave to the blow-dryer. Keratin Complex Smoothing Therapy by Coppola (\$300 and up, depending on location) is an in-salon smoothing treatment that leaves hair silkier, shinier, and easier to straighten for three to five months—without the dangerous fumes of similar treatments.



5

Become well-rounded

Nails are losing their edge and taking on a feminine look. The nail shape to have? A rounded oval on short- to medium-length nails, says Jan Arnold, CND's trend expert. On nails, CND Colour in Sweet, \$9.



7

Make a splash in the kitchen

Treat the hardest-working room in the house to a stylish new look: Install a tile backsplash in three quick steps—even over existing tile or paint. At last, the kitchen you always wanted! Here's how: **1.** Stick a SimpleMat tile-ready surface (The Home Depot, \$26 per kit, covers 10 square feet) to your existing backsplash. **2.** Set your tiles (ceramic, porcelain, or stone tiles larger than 1x1 inch work best) using spacers. **3.** Grout within 24 hours and wipe clean.

6

Shed some light

Here's a bright idea: Let your chandelier slip into something a little more stylish. These paper candle sleeves come in dozens of vibrant patterns and solid colors. Kaarskoker.com, \$12 to \$21 a pair.



ON GIRL: H&M TOP, THE CHILDREN'S PLACE SKIRT.



9

Sculpt your cheeks

Sharp cheekbones (think Cate Blanchett) create an Old Hollywood glamour. Apply blush on top of your cheekbones—instead of on the apples of your cheeks—to make cheekbones look higher and less round, explains Erin McCarthy, manager of education for Make Up For Ever.

8

Get goddess locks

Try this new wave: Somewhere between a curl and a crimp are what the pros are calling goddess waves. Get them with a triple-barrel curling iron such as Gold 'N Hot Triple Barrel Waver, \$30 (it works similarly to a crimping iron), says Pepper Pastor, a New York City-based salon owner. Or, for an easy cheat, put damp hair in one large braid before bed and unravel it in the morning.



10

Bring in the white stuff

Give a room a bright lift with a simple blast of white. Add several throw pillows, a slipcover, an occasional table, framed art—or all of the above!—for a fresh new look. Pleat pillow, CB2, \$35. For frames and more, see Shopping Guide, page 154.

A full-page photograph of a man and a woman in a kitchen. The woman, with long red hair, is wearing a teal long-sleeved top with a ruffled neckline and a blue pencil skirt. She is smiling and looking at the man. The man is wearing a grey patterned button-down shirt and dark jeans. He has a yellow and white striped towel draped over his shoulder and is looking down at something in his hands. They are standing in front of a white kitchen counter with a marble top. On the counter are stacks of white plates, a pitcher of orange juice, and a glass of orange juice. A vase of pink flowers is also on the counter. The kitchen has white cabinets and a large window in the background showing greenery outside. The floor is black and white checkered.

11

Go ahead and clash

Pick your favorite hue, then dress head-to-toe in every shade of it for a totally modern play on color. "Simply V" cardigan, \$45, and fitted pencil skirt, \$60, both The Limited. "Florentine Silk" top, Dimri, \$30. "Coast" print satin pump, Christian Siriano for Payless, \$35.



12

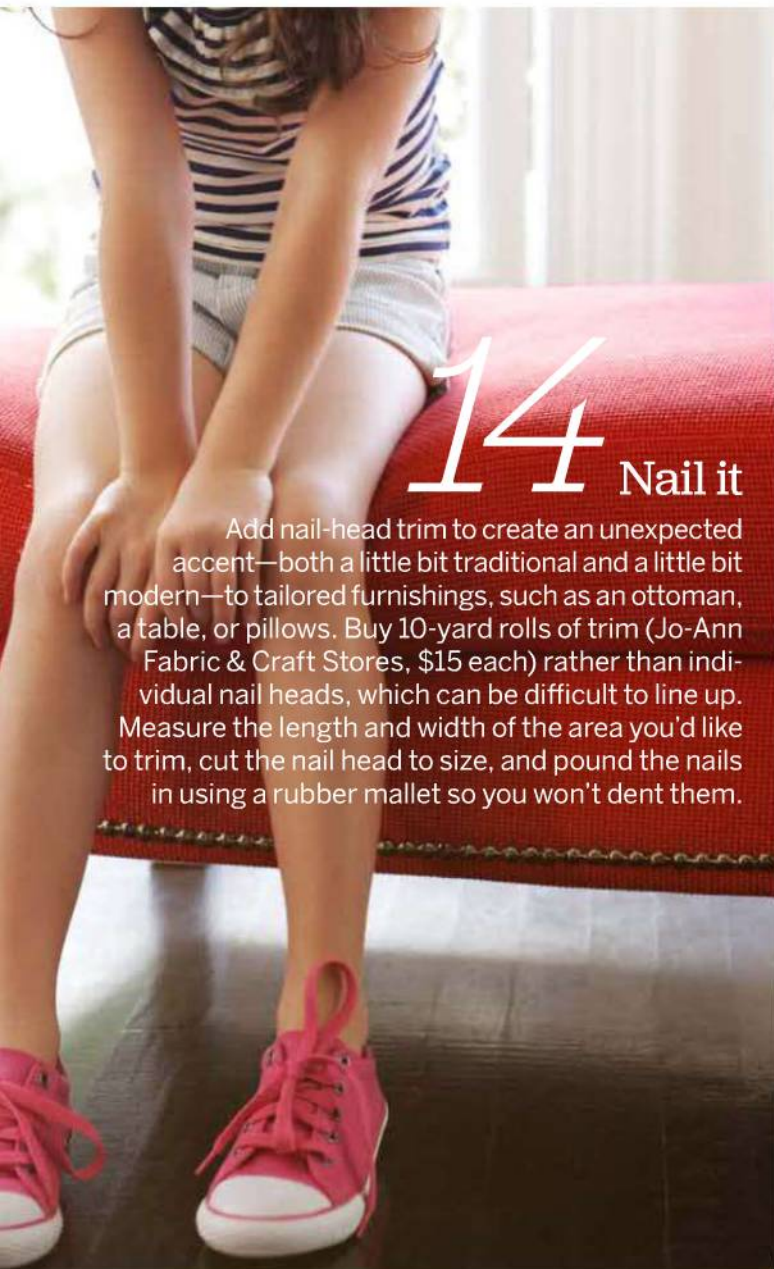
Not quite your grandma's scarf

She made the silk square a classic; you make it cool again. Here, we rolled it up on the diagonal and tied the corners together for a low-slung look. Silk scarf, The Vera Company, \$88. Convertible trench, I ♥ Ronson for JCPenney, \$60. Cotton cashmere cardigan, \$40, and tee shirt, \$16, both Uniqlo.

13

Dream in color

Add a pop of color to a bedroom with a bed skirt fashioned from your favorite fabric. Two and a half yards of any 54-inch-wide material will fit most twin beds. Finish the edges with a simple hem, place on the box spring, and crease the fabric at each corner to form neat pleats. Replace the mattress and make your updated bed! Cotton Nelson fabric in Orangina, \$20 per yard.



14 Nail it

Add nail-head trim to create an unexpected accent—both a little bit traditional and a little bit modern—to tailored furnishings, such as an ottoman, a table, or pillows. Buy 10-yard rolls of trim (Jo-Ann Fabric & Craft Stores, \$15 each) rather than individual nail heads, which can be difficult to line up. Measure the length and width of the area you'd like to trim, cut the nail head to size, and pound the nails in using a rubber mallet so you won't dent them.

16 Make your haircut work harder

Has your bob stopped bobbing? Refresh an out-of-shape 'do with haircut-specific stylers. Polymer technologies get hair strands to repel one another for flipped-out ends, or lie flat for sleek looks. (Try HerCut Haircare for Your Haircut products for the bob, shag, blunt cut, long layers, and pixie; Revolution In Cut by Ric Pipino for the bob, layered bob, crop, short layer, long layer, and blunt cuts; and Sally Hershberger Luxe Layers.)

15

Find a sexy new scent

Rethink the way you shop for fragrance—and head to the men's counters. Green, aquatic, and minty notes have feminine appeal but are more likely to appear in a scent marketed to men, explains Drom Fragrances' perfumer Pierre-Constantin Gueros. We're loving these fresh men's scents: Derek Jeter Driven Sport, \$23 for 2.5 oz, and Nautica Oceans, \$49 for 1.7 oz.



17

Work the chain gang

Fasten abandoned chain bracelets from the back of your jewelry box together to make an amazing one-of-a-kind necklace. Chain bracelets, Delicate Raymond Jewelry, \$40 to \$98 each. Silk top, Ann Taylor, \$68.

ON GIRL: 77 KIDS TOP, SHORTS, AND SNEAKERS.

18

Flat-out adorable

Consider this a double update: Oxford flats plus little socks equals the season's cutest, comfiest treat for your feet. "Henley" oxford flats, Franco Sarto, \$79. "Relaxed Roll Top" socks, K. Bell, \$5. Drop hem vest, Fluxus, \$69. "Kickback" racer tank, Enza Costa Rogue, \$115. Striped denim pants, Tibi, \$198.



Tasty new takes on chicken

You think you've tried every chicken dish on the planet?
Think again! We've got 6 delicious new recipes for you to love.



Chicken burgers Milanese

Prep time: 15 minutes

Cooking time: 10 minutes

- | | |
|--|-------------------------------------|
| 1 lb ground chicken | 2 Tbsp Italian-seasoned breadcrumbs |
| 1 medium zucchini (6 oz), finely shredded (1 cup) | Olive oil cooking spray |
| 1/3 cup grated fresh Parmesan cheese | 4 potato or brioche hamburger buns |
| 1 1/2 Tbsp chopped fresh oregano | 2 Tbsp extra-virgin olive oil |
| 1/2 tsp each kosher salt and freshly ground pepper | 3 cups baby arugula |
| | 2 plum tomatoes, diced |
| | 1 Tbsp white balsamic vinegar |

1. Mix chicken, zucchini, Parmesan, oregano, and half of the salt and pepper in a medium bowl; form into four 3 1/2-inch-round burgers, about 3/4-inch thick. Sprinkle 1 Tbsp of the breadcrumbs over tops of burgers.
2. Coat a large nonstick skillet with olive-oil spray and place over medium heat. Lightly spray crumb-coated side of burgers with spray and place in skillet, crumb side down; cook 5 minutes or until first sides are golden brown. Sprinkle remaining breadcrumbs over tops of burgers, coat with olive-oil spray, and flip burgers with a spatula. Cook 5 minutes longer, or until second sides are golden and burgers are fully cooked.
3. While burgers are cooking, brush buns with 1 Tbsp of the oil and toast, cut sides down, in a nonstick skillet over medium heat, 1 to 2 minutes. Remove from skillet.
4. In a medium bowl, toss arugula, tomatoes, vinegar, and remaining oil, salt, and pepper. Place burgers on bottom half of bun, top with arugula salad, then place bun on top of salad.

Makes 4 servings.

Each serving: 398 cal, 20g fat, 22g protein, 35g carb



Chicken-peanut salad in lettuce cups

Prep: 25 minutes

Cooking time: 0

- | | | |
|----------------------------------|--|---|
| 1/4 cup chunky peanut butter | 8 radishes, halved, thinly sliced | 1. Whisk first 7 ingredients in a large bowl until smooth. |
| 3 Tbsp fresh lime juice | 2 medium shallots, halved, thinly sliced | 2. Add chicken, radishes, shallots, mango, and peanuts to dressing; toss to combine. Add mint leaves and gently toss. Fill lettuce leaves with chicken mixture. |
| 2 Tbsp fish sauce | 1 mango, peeled, pitted, and diced | |
| 2 Tbsp packed light-brown sugar | 1/3 cup salted peanuts, chopped | |
| 1 Tbsp white vinegar | 2 cups fresh mint leaves | |
| 3 serrano chiles, seeded, minced | 24 Boston lettuce leaves | |
| 1 garlic clove, minced | | |
| 4 cups shredded cooked chicken | | |

Makes 8 servings.

Each serving: 303 cal, 16g fat, 27g protein, 16g carb

New takes on chicken



Singapore-style chicken fried rice

Prep time: 10 minutes

Cooking time: 15 minutes

- 3 Tbsp canola oil
- 1 large onion, diced
- 1 (6-oz) package sliced Canadian bacon, diced
- 1 (1-lb) bunch bok choy, stems and leaves chopped
- 1 large red bell pepper, diced
- 2 tsp finely chopped, peeled fresh ginger
- 3 cloves garlic, minced
- 8 oz skinless, boneless chicken, cut into bite-size pieces
- 3 large eggs, lightly beaten
- 1½ tsp Madras curry powder
- 4 cups cold cooked brown basmati rice
- 2 Tbsp low-sodium soy sauce

1. Heat 2 tsp of the oil in a large nonstick skillet or wok over medium-high heat. Add onion and bacon and stir-fry 4 minutes. Add bok choy; stir-fry 2 minutes or until leaves have wilted. Add bell pepper, ginger, and garlic; stir-fry until vegetables start to soften, about 4 minutes. Remove vegetables to a bowl.
2. Return skillet to heat; add 1 Tbsp of the oil. When hot, add chicken and stir-fry 3 to 4 minutes or until cooked through. Remove chicken to bowl with vegetables.
3. Return skillet to heat; add 1 tsp of the oil. When hot, add eggs and scramble just until set. Add eggs to bowl with vegetables and chicken.
4. Return skillet to heat; add the remaining 1 Tbsp oil to skillet along with curry powder and cook over medium-high heat 30 seconds, stirring, until fragrant. Add rice and stir-fry until coated evenly. Cook rice undisturbed until bottom is slightly crisp, about 3 to 4 minutes.
5. Return vegetables, chicken, and eggs to skillet; add soy sauce and stir-fry 3 minutes longer.

Makes 6 servings.

Each serving: 366 cal, 14g fat, 23g protein, 38g carb

Provençal chicken

Prep time: 10 minutes

Cooking time: 45 minutes

- | | |
|--|---|
| 1½ tsp dried herbes de Provence | 1 (28-oz) can diced tomatoes |
| ½ tsp kosher salt | 2 (½-inch x 2-inch) strips orange zest, cut into fine slivers |
| ¼ tsp freshly ground black pepper | 2 Tbsp pitted black or green olives, coarsely cut |
| 8 skin-on, bone-in chicken thighs, excess skin and fat trimmed | 1 Tbsp capers, rinsed, drained |
| 1 Tbsp extra-virgin olive oil | |

1. Mix 1 tsp of the herbes de Provence, salt, and pepper in a small bowl. Rub into both sides of chicken thighs. Set aside.
2. Heat oil in a 12-inch skillet with a lid. Add chicken, skin side down, and cook over medium heat until well browned, about 10 minutes. Turn and cook skinless side 10 minutes. Remove to a side dish. Spoon out and discard all but 1 Tbsp of the fat.
3. Add tomatoes, the remaining ½ tsp herbes de Provence, and orange zest and heat to boiling over medium-high heat. Cook, stirring, until most of the juices have been cooked down, about 10 minutes. Stir in olives and capers.
4. Return chicken to the pan, spooning the sauce evenly on top of each chicken thigh. Add any chicken juices on the plate to the skillet. Cover and cook over medium heat until the chicken is cooked through, about 15 minutes. Serve over pasta, rice, or couscous, if desired.

Makes 4 servings.

Each serving: 358 cal, 20g fat, 33g protein, 11g carb





Easy chicken-rice burritos

Prep time: 15 minutes

Cooking time: 10 minutes

- 1 Tbsp olive oil
- 1 cup fresh or frozen corn kernels
- ½ cup diced red onion
- 1 (16-oz) can black beans, rinsed, drained
- 3 cups cooked long-grain rice
- 1 (16-oz) jar chunky-style tomato salsa (mild, medium, or hot)
- 3 cups cooked, shredded chicken
- 1½ cups shredded Monterey Jack cheese
- ½ tsp freshly ground pepper
- 6 (10-inch) flour tortillas
- ½ cup cilantro leaves
- Olive oil cooking spray

ACCOMPANIMENTS:

salsa, sour cream, guacamole

1. Heat a stovetop griddle or grill pan over medium heat, or heat an electric panini press to 350°F.
2. Heat oil in a large nonstick skillet over medium heat; add corn and onion and cook 4 minutes, or until corn is crisp-tender. Stir in beans, rice, and salsa. Stir with a large spoon to incorporate salsa, and cook until rice is just heated through.
3. In a medium bowl, toss chicken, cheese, and pepper. Warm tortillas in microwave or on stovetop according to package directions.
4. To assemble burritos, spoon about 1 cup of the rice mixture in a mound in center of each warm tortilla. Top with ½ cup of the chicken mixture and some cilantro leaves. Fold in sides of tortilla, then roll tightly into a burrito.
5. Lightly coat burritos with cooking spray. Place on griddle, grill, or panini press and cook 3 to 4 minutes, turning once, until burritos are lightly toasted and crisp. Cut in half. Serve with accompaniments.

Makes 6 servings.

Each serving: 682 cal, 22g fat, 40g protein, 82g carb

Chicken mac 'n' cheese

Prep time: 15 minutes

Cooking time: 43 minutes

- 1 lb cavatappi, orecchiette, or elbow pasta
 - 1½ Tbsp unsalted butter
 - 1 cup fresh bread-crumbs (from 2 slices white bread)
 - ½ cup fresh grated Parmesan cheese
 - ⅓ cup chopped fresh Italian parsley
 - 1 quart milk
 - ⅓ cup all-purpose flour
 - 2 tsp minced garlic
 - 3 cups shredded extra-sharp cheddar cheese
 - 1 lb smoked chicken, diced (about 4 cups)
 - 2 tsp Dijon mustard
 - 1 tsp salt
 - ½ tsp freshly ground pepper
1. In a large pot of boiling salted water, cook pasta according to package directions until al dente; drain.
 2. Heat oven to 350°F. Butter a 3-quart baking dish.
 3. In a large skillet, melt butter and add bread-crumbs. Cook over medium heat, stirring until golden and crisp, about 3 minutes. Scrape into a medium bowl and stir in ¼ cup of the Parmesan cheese and parsley.
 4. In a large saucepan, whisk milk, flour, and garlic until flour is blended. Whisking frequently, bring to a boil over medium-high heat. Reduce heat and simmer until mixture is thickened, about 5 minutes. Remove from heat; stir in cheddar cheese, chicken, the remaining Parmesan cheese, mustard, salt, and pepper. Add cooked pasta and cheese sauce to prepared baking dish, stirring well to blend. Sprinkle breadcrumb mixture over top. Bake 35 minutes or until hot and bubbly and crumb topping is golden.

Makes 8 servings.

Each serving: 547 cal, 22g fat, 32g protein, 56g carb





instant
update

Hungry Girl saves your salad

Bored by that bland bowl of greens?
Shake it up with these tasty toppers.

Almonds



Bacon



Fiber
One



Salsa



Almond Accents These lightly seasoned slivered almonds, found in the produce section of the grocery store, are the best. Because they're sliced so thin, a little really goes a long way—one tablespoon of slivers only has around 50 calories and 4g fat.

Real crumbled bacon Guess what? The precooked *real* bacon bits you can buy at the grocery store have only 25 calories per tablespoon.

Fiber One Cereal Original Instead of greasy, crispy noodles, throw in some of this healthy cereal to add fiber, crunch, and deliciousness without the fat!

Salsa Most salsas have around 10 calories per tablespoon, so feel free to get a little crazy here. Scoop it on, mix it around, and chow down on your spicy salad.

Fast-food salad finds

Not all salads you can get at the drive-through are low-cal, so stick to these safe picks.



McDonald's Premium Southwest Salad with Grilled Chicken (with packet of low-fat balsamic vinaigrette)

360 calories, 12g fat
Great news: Those numbers include the cheese and tortilla strips! This salad packs 30 grams of protein too.

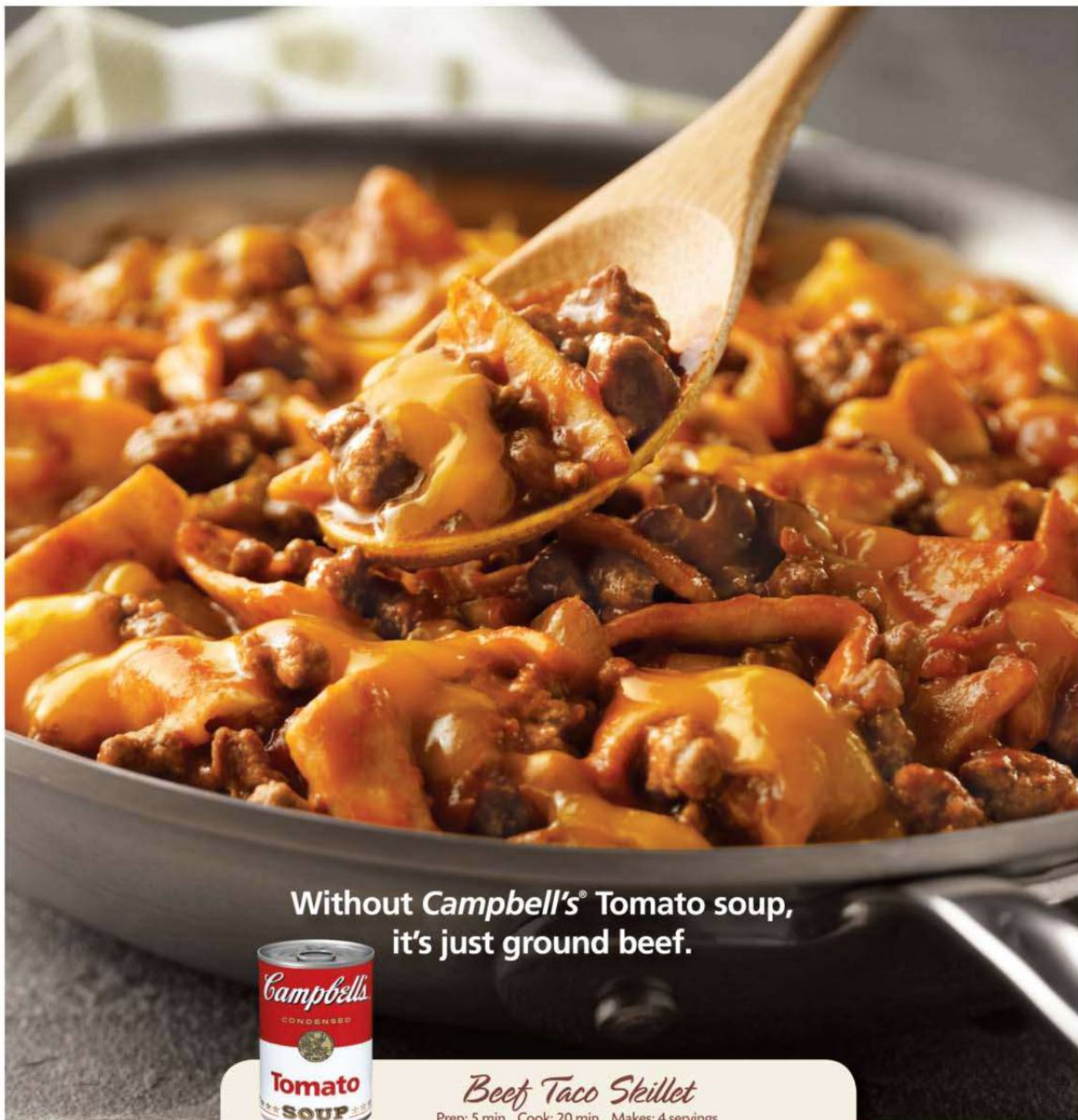


Wendy's Mandarin Chicken Salad with Grilled Chicken Fillet (with packet of fat-free French dressing)

440 calories, 16g fat
You've got to love the 30 grams of filling protein in this salad. If you want to cut out some fat, use just half the packet of almonds.

Lisa Lillien, a.k.a. Hungry Girl, knows which foods taste great *and* keep the scale in check—and she wants to share her tips with you. For more hints, tricks, and recipes, sign up for daily emails at hungry-girl.com.

TIP: Dress for success. Say good-bye to the days of “Oops, I drowned my salad in raspberry balsamic!” Spray dressings are, hands down, the best way to get a controlled amount of dressing onto your greens. It's as easy as pressing a button (okay, pressing it about 10 times). Each spray has only one calorie!



Without Campbell's® Tomato soup,
it's just ground beef.



Beef Taco Skillet

Prep: 5 min. Cook: 20 min. Makes: 4 servings

- | | |
|---|--|
| 1 lb. ground beef | ½ cup water |
| 1 can (10¾ oz.) Campbell's® Condensed Tomato Soup | 6 flour tortillas (6"), cut into 1" pieces |
| ½ cup Pace® Chunky Salsa | ½ cup shredded Cheddar cheese |

1. Cook beef in skillet over medium-high heat until well browned, stirring often to separate meat. Pour off fat.
2. Stir soup, salsa, water and tortillas in skillet and heat to a boil. Reduce heat to low. Cook 5 min. Stir. Top with cheese.

So many, many reasons it's so...**M'm! M'm! Good!**

Campbell's

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For hundreds of delicious recipe ideas explore CampbellsKitchen.com



Living

instant updates



Finance made fun

Managing money is less painful with finance guru Jean Chatzky's line of personal finance and organizing accessories. She's thought of everything you need to get dollar-savvy—from receipt organizers to bill-paying trackers that remind you when it's time to pay up. We love the Savings Kit binder, which offers doable tips and tools to help you save for a vacation next summer or a kitchen renovation down the line. [Target stores](#), [franklinplanner.com](#).



Flower pow!

Fashion designer Lilly Pulitzer, known for her bright, signature Palm Beach style, is bringing a little sunshine under your roof with her new home collection at Garnet Hill. The line features everything from comforters to shower curtains—all done up in the playful colors and bold prints she does best. [garnethill.com](#).

HomeFront

A few new things to make your house a little homier.



DIY design

Still looking for the perfect pillow to accent your decor? Go to [inmod.com](#) and design your own. With dozens of patterns and colors to choose from, it's easy to create exactly the look you've been searching for. [Pillows start at \\$40; inmod.com](#).

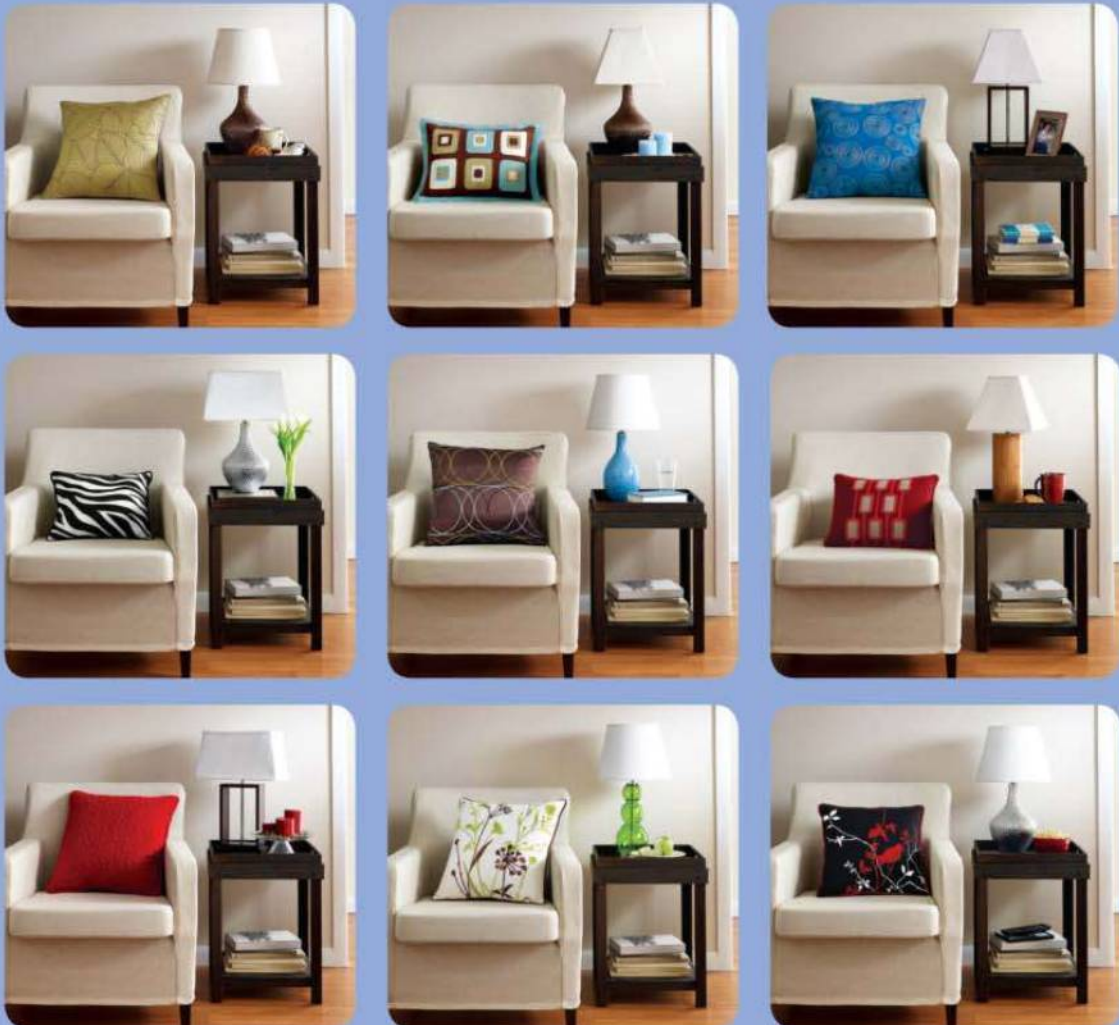


A clever headboard hoax

You don't have to dig deep into your pockets for these faux headboards. At only \$40 apiece, Blik's easily removable wall decals, made to resemble upholstered, wooden, or wrought-iron headboards, make a whimsical and colorful statement in any bedroom. [\\$40, whatisblik.com](#).



Styles that transform your room. Prices you can afford.



Walmart has unbeatable prices* on the latest styles from Hometrends.
So you can stay on trend, and on budget.



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*Our stores will match the price of any local competitor's printed ad for an identical product. Not applicable to Walmart.com. Restrictions apply. See store for details.
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Good to Know

instant updates

News, deals, products, and services to make your life run a whole lot better.

There's a one-stop shop for plus-size fashion. If you wear a size 12 or above, check out onestopplus.com, which features more than 10,000 plus-size items and 250 name brands. Their fantastic 365-day return policy means you will never get stuck with a dress that you don't absolutely love.

Eliminate germs with the touch of a button. The dilemma: How do you kill the germs you coughed all over your couch during your sick day at home? The answer: with the Oreck Halo Flash handheld vacuum, which eliminates allergens, viruses, and bacteria—all without using chemicals. \$199.99, oreck.com.



Your luggage doesn't have to weigh you down.

Schlepping more than one suitcase can be tricky—and tiring. Lighten your load with the Train Reaction Device, which easily connects two pieces of luggage (the larger piece fits on top of the smaller one). Your bags will feel light enough to wheel around with your fingertips. \$12, clubglove.com.



Your old cell can keep up with the new ones. Getting all green-eyed over the cool apps your friends have on their smartphones? Now you can get those same applications on your plain old mobile. Go to getjar.com, where you can specify the type of phone you have and search a database of more than 59,000 apps available to download. Facebook mobile, here you come!



There's a cooler way to keep lunch cold.

Add a little fun to your kid's lunchbox: Replace the standard blue ice pack with one of the new, fun-shaped, colorful ice packs from Rubbermaid. They're available in a half-dozen animal and sports shapes to make your child smile. \$2.49 each, target.com.

You can live like a local—anywhere.

Google makes it easy to find the nearest ATM, coffee shop, or clothing boutique the next time you visit a new city or wander into a new part of your hometown. Go to google.com on your mobile Web browser, allow Google to access your location, then click "Near Me Now" to find restaurants, bars, salons—even pet groomers and hardware stores.

WebMD can help Fluffy feel better too. Now you can turn to WebMD when your furry friend is feeling under the weather. Pets.webmd.com gives dog and cat owners the latest health news, info on the human benefits of owning a pet, and the impact pets can have on allergies and asthma.



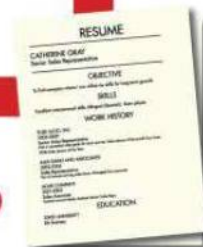


THE TURBOTAX STEP-BY-STEP GUIDE TO DOING YOUR TAXES.

Let TurboTax guide you through your return.
(Sounds easy. Let's start.)



Did you have education expenses?
(\$10k in college loans.)



Did you have job search expenses?
(135 resumes mailed. Two responses.)



Did you relocate for a new job?
(Yes! Say hello to the new Sales Rep.)



Last stop: Your Maximum Refund, Guaranteed.
(And a down payment for my new car.)

TurboTax is like a GPS for your taxes guiding you step-by-step through your return. If there's a deduction or credit you're entitled to, TurboTax will track it down. And give you answers to your questions in simple language, to help you get the biggest refund you deserve. Over 100 million returns have been prepared using TurboTax. No wonder it's the most trusted tax software in America. **See how easy TurboTax is at TurboTax.com.**

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Movies, Music, TV, Books, Travel, and Fun

Down time

10 things we love about awards shows

And the award for Director Most Likely to Congratulate Himself (Again) as King of the World goes to... *Avatar*'s James Cameron! Catch the juiciest moments firsthand during the Academy Awards (March 7, on ABC), the Independent Spirit Awards (March 5, IFC), and the Kids' Choice Awards (March 27, Nickelodeon). Here, the top reasons we'll be tuning in:

1 It's the perfect excuse for a girls' (or family) night in.

2 George Clooney in a tux.

3 The outfits—the good, the bad, and the what-was-she-thinking?

4 Daydreaming about being one of the willowy stars walking the red carpet, and...

5 Gobbling pizza while doing so.

6 Redcarpetmvp.com—our own fantasy football. Choose a team of celebs and designers and rack up points when they present, win, or are worn at awards events.

7 Congratulating ourselves when the one movie we've actually seen wins something (anything!).

8 Cheering on Meryl Streep (whom we never tire of, no matter how many times she's nominated), and...

9 Muting Joan Rivers, who totally wears us out.

10 The one-in-a-million, so-glad-we-saw-it speech moments (hello, Mo'Nique's tearjerker at this year's Golden Globes).

MARCH'S REDHOTPICKS

1 [TV] **The Celebrity Apprentice** With a lineup of contestants that reads like the graduating class of *Celebrity Rehab*—disgraced former Illinois governor Rod Blagojevich, troubled baseball slugger Darryl Strawberry—and perennial loudmouths like Sharon Osbourne and Cyndi Lauper, among others, sparks are guaranteed to fly. (Premieres March 14 on NBC)

2 [MUSIC] Make some room on your iPod—there are lots of hot new tunes to add this month.

Blake Shelton releases *Hillbilly Bone*, with six new songs including a duet with Trace Adkins, on March 2; *Under Great White Northern Lights*, a live album from **The White Stripes**, comes out March 16; and *30 Rock*'s delusional diva, **Jane Krakowski**, releases a live album of her stellar cabaret performances, *Live at Feinstein's at the Regency*, on March 23.

3 [TV] **Nurse Jackie** Don't miss the much-anticipated second season of this provocative dramedy. Edie Falco plays a pill-popping nurse and conflicted-but-devoted mother who can't quite find her balance—and that's the beauty of it! (Premieres March 22, Showtime)

4 [DVD AND CD] **Madonna** Whether or not you made it to her Madgesty's Sticky and Sweet Tour last year, you now have a VIP ticket: On March 30, she's releasing a DVD and CD of the concert—filmed over four days in Buenos Aires—which includes new and old hits, behind-the-scenes footage, and a stirring performance of "Don't Cry for Me, Argentina."

5 [MOVIE] **Alice in Wonderland** Director Tim Burton lends his signature ghoulishness and wild imagination to this live-action spin on the classic children's story. With an all-star cast including



The Donald and his firing squad, son Donald Jr. and daughter Ivanka.



Nurse Jackie and her husband (Dominic Fumusa).

Johnny Depp, Anne Hathaway, Helena Bonham Carter, and newcomer Mia Wasikowska as Alice, it's a visual treat for parents and kids. (In theaters March 5)

6 [MOVIE] **The Bounty Hunter** Jennifer Aniston and Gerard Butler star in this romantic comedy about a bounty hunter whose target is his reporter ex-wife. Brilliantly witty? No. But she'll always be our favorite Friend, and he's awfully easy on the eyes. Gather your best girlfriends for a Sunday matinee. (In theaters March 19)



Madonna struts her sticky and sweet stuff.

7 [MOVIE] **Clash of the Titans** Get your adventure fix (or a few extra cool points with your guy) with this action-packed remake about Greek gods battling to their—let's say doom, as death is out of the picture, because they're immortal. Stars *Avatar*'s Sam Worthington, Ralph Fiennes, and Liam Neeson. (In theaters March 26)

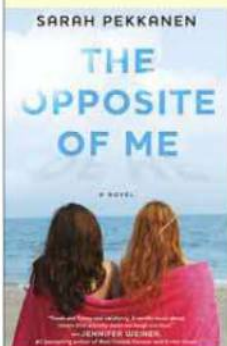
8 [DVD] **Ponyo** This Japanimation flick about a little girl who gets transformed into a goldfish and the boy who helps her touched critics and audiences everywhere. Now let this sweet fairy tale charm your family.



Depp in Tim Burton's weird wonderland.

BOOKMARKS

How to read the latest releases.

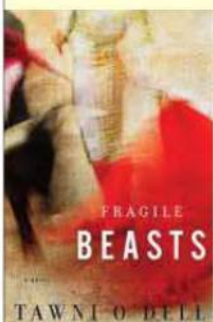


READ IT IN THE TUB:

The Opposite of Me

by Sarah Pekkanen
As early as elementary school, it was crystal clear: Alex was the pretty twin, Lindsey was the smart one. And since then, they've shaped their lives

around those labels. So what happens when the piece of your life that most strongly defines you is challenged? With her smart, soulful novel, author Pekkanen explores the place where self and sisterhood intersect.

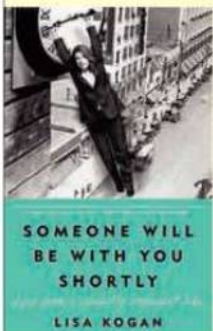


SHARE IT WITH THE CLUB:

Fragile Beasts

by Tawni O'Dell
Septuagenarian Candace Jack is a lot like the Pennsylvania coal town she inhabits: Both seem to cling to a past that's long gone. When Candace

takes in two local teen boys whose father has passed away, however, she's suddenly face-to-face with modern times in this novel that unflinchingly confronts issues of class, love, and what makes a family.



WE JUST LOVE IT:

Someone Will Be With You Shortly: Notes From a Perfectly Imperfect Life

by Lisa Kogan
Any woman who says she likes her pizza the way she likes her men (that would

be "hot, no-nonsense, and covered in melted cheese," of course) is a woman after our own hearts. In delectable bite-size essays, humor columnist Kogan casts an all-seeing eye on the annoying and hilarious idiosyncrasies of contemporary life.



Peter Krause faces *Parenthood*.

FAVORITE TIME-WASTERS:

March midseason madness

Check out the TV shows that promise to pump new life into your nightly lineup.

The Deep End (ABC) Doctors, cops, and lawyers—there's no shortage of them on prime time. However, this new drama, about five newbie lawyers starting out at a prestigious Los Angeles firm, promises to bring a refreshing jolt of cast charisma to this overpopulated category. Thursdays, 8 p.m. ET.

Parenthood (NBC) Peter Krause and *Gilmore Girls*'s Lauren Graham star in this engaging, relatable drama based on the 1989 film of the same name. Four adult siblings, their kids, and their parents negotiate the complicated issues and emotions that divide and connect generations. Mondays, 9 p.m. ET.

Sons of Tucson (Fox) *Malcolm in the Middle* fans, meet the Gunderson boys. When their con-man dad is carted off to jail, these three brothers decide to hire a father-figure stand-in. Funny family dynamics mix with Judd Apatow-style characters in this wacky new comedy. Sundays, 8:30 p.m. ET.

Undercover Boss (CBS) The corner office moves to the corner store in this can't-look-away reality series: Execs truly step into their employees' shoes by going undercover as average workers. Sundays, 9 p.m. ET.

The Marriage Ref (NBC) Get ready to see your favorite celebs playing marriage counselors on this new reality show, executive-produced by Jerry Seinfeld. Marriage ref/host/comedian Tom Papa and "experts" including Alec Baldwin, Tina Fey, Eva Longoria, and Charles Barkley officiate real-life marriage disputes—for better or worse! Thursdays, 10 p.m. ET.



Seinfeld plays the game of love.

Mastering the **magic** of Disney

Jeannie Kim was pretty down on Disney—until she and her family shared two fairy-tale trips to Orlando. Here's how this skeptic-turned-devotee made the most of the happiest place on earth.

I've never been a Disney fan. Of course I saw all the classic movies as a kid, and I once dressed as Cinderella for Halloween sometime in the late 1970s. But I wasn't one of those people who got caught up—and stayed caught up—in the magic of Disney. Quite the opposite: I was baffled by childless adults who wanted to spend their vacations with Mickey Mouse. I mocked people who dreamed of getting married at Cinderella Castle. I vowed to keep all those princesses out of my daughter's life as long as humanly possible. I can admit it now: I was a Disney snob. And (cue confessional whisper) *I had never even been to Disney World.*

So when my husband, Adam, suggested that we go there last March, I thought he was crazy. Our daughter, Rose, then barely 2, was much too young to appreciate it, and I certainly wasn't excited by the idea of fighting crowds to ride Dumbo the Flying Elephant.

But Adam and I were both desperate for a vacation. It had been a long and terrible winter: I was laid off from my job, a casualty of the Great Recession. My mother-in-law passed away after a nine-year battle with cancer, and our whole family was rubbed raw with grief. Rose and I spent the better part of a month flattened by sinus infections, and our apartment was falling down around us. (Literally—a chunk of the bathroom ceiling tumbled onto my head while I was taking a shower one morning.) Disney World wasn't my first choice for a getaway, but at least it was sunny and kid-friendly. So we cashed in a few years' worth of credit

card points and booked a long weekend in Florida.

I prepared for the trip with the grim determination of someone planning a military operation. To be honest, I did not expect to enjoy myself. The most I hoped for was a respite from the gaping hole in my bathroom ceiling, and a couple of hours by the pool.

After weeks of anticipation (Rose's) and dread (mine), we finally boarded the ferry that would take us to the Magic Kingdom. And when I saw the awe in my daughter's face as Cinderella Castle came into view, my curmudgeon's heart grew about a million sizes. Rose wasn't too young to enjoy the park—she loved every minute of it. I found myself actually having a good time, not just for Rose's sake, but for my own. We all loved seeing hippos and lions and giraffes up close at Animal Kingdom. I shed my cynicism and cheered at



the glitzy spectacle of *Finding Nemo: The Musical*. And I defy anyone not to *ooh* and *aah* at the incredible evening fireworks at Magic Kingdom.

It wasn't a flawless vacation by any means. I could have done without the crowds and the lines, and I've gotta say that I will always find animatronic characters corny at best, creepy at worst (I'm looking at you, "It's a Small World"). But at a time when life wasn't exactly wonderful, there was something incredibly healing in letting myself bask in the promise of Disney: that everyone can be happy, magic is real, and dreams really do come true.

Within days of our return, I was already plotting our next trip back. (With Rose pleading every day, "Let's go back to Disney World!" how could I not?) So somehow, I went from an anti-Disney grump to the crazy lady who took a 2-year-old to Disney World twice in one year. What we learned from our repeat visit can help you make yours more magical:

Have a plan. There are tons of books (I like *The Unofficial Guide to Walt Disney World*) and websites (see "Plan Your Adventure Online," right) that can help you map out each day you spend at the parks, practically down to the minute. Because Adam is more of a seat-of-the-pants guy, that level of detailed planning doesn't work well for our family. On the first trip we tried just winging it, but we spent too much time standing in line and arguing over the map.

The second time around, we decided before we even set foot in the parks that we absolutely *had* to ride the Many Adventures of Winnie the Pooh and Cinderella's Golden Carrousel; another must was the Kilimanjaro Safari Tour at Animal Kingdom. Adam wanted to ride the major roller coasters, and I wanted to buy a Christmas ornament. Knowing all that (and having a few reservations at sit-down restaurants along the way) helped us structure our days: We hit the most popular attractions at each park first, before the lines got too long, and skipped the ones that weren't really to our taste (but that we might have accidentally wandered into if we hadn't known any better).

Go early and go late. We like to sleep late. No, we loooove to sleep late. On our first trip, we never made it to the parks before 11. But this time around, we dragged ourselves out of our hotel room to get to Magic Kingdom soon after it opened at 9. (True diehards get to the front gates half an hour or more before opening.) We were rewarded by thinner crowds and shorter lines. Another day,

we didn't arrive at Magic Kingdom until after 7 p.m. We walked on to every ride and had plenty of energy left to stay up for the fireworks, which go on at around 8 p.m. On that note...

Ditch bedtime. Yes, we kept Rose up hours past her bedtime so we could see the evening parade and fireworks. Twice. Three times if you count our first trip. I know some kids really don't deal well with disruptions to their routine, and a lot of moms will disagree with me big time on this one. But for us, it was worth it to mess with Rose's sleep schedule a little, because no matter how many times we

"When I saw the awe in my daughter's face as Cinderella Castle came into view, my heart grew about a million sizes."

Plan your adventure online

I'm no Disney expert, so I relied on the experience of others to help plot out our trips. Whether you're going to Disney World for the first time or the 21st time, these sites—all created by longtime Disney fans—will give you the real scoop on how best to capture the magic.

TouringPlans.com The companion site to the indispensable book *The Unofficial Guide to Walt Disney World*. With a free subscription, you can create your own custom park-touring plan, use the online trip planner to keep track of all your travel details, and get access to Lines (m.touringplans.com), a mobile site with up-to-the-minute wait times for all the Disney attractions.

AllEars.net Can't decide where to make hotel or dinner reservations? This site has literally thousands of reviews, photos of nearly every inch of every hotel, and menus for all Disney restaurants.

MouseSavers.com Tons of money-saving tips for all things Disney, including how to get the lowest price on park admission at Walt Disney World and Disneyland, discounts on hotels and Disney Cruises, special deals on shows like Disney on Ice, and more.

Everything Walt Disney World (everythingwdw.blogspot.com) The Disney-loving mom who writes this blog mixes news for hard-core fans and helpful information for newbies, along with funny posts on the dirtiest bathroom in Disney World and the phenomenon of "Disnesia" (which causes you to forget all the bad experiences of your Disney vacation and remember only the magical parts).

The Disney Food Blog (disneyfoodblog.com) You don't have to settle for a turkey leg or a burger on the run. Almost every kind of food imaginable is available somewhere at Disney, and this blog covers it all.

Take the Monorail (takethemonorail.com) With info organized by age ranges, this blog is packed with great tips for a family vacation to Disney, from what to pack to special extra experiences that even some Disney vets don't know about. (One we considered but didn't try: "Waking up Tinkerbell," a ceremony that allows the first morning visitors to the Tinkerbell's Treasures shop to wake up the fairy.)

Downtime



Cinderella's Golden Carousel was a must-visit for Jeannie and Rose.

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go to Disney World, the fireworks will always be one of our must-sees. And for Rose, seeing Tinkerbell fly out of Cinderella Castle (a highlight of the show) was even more memorable than meeting her in person. We just made sure to schedule an extra-long nap on the days we wanted to be up late, and planned for sleeping in and taking it easier the day after. Tip: Since Rose had never seen fireworks before, we prepped her by watching other people's home videos of the show online on YouTube.

Don't try to do it all. The first time around, we hit three parks (Magic Kingdom, Animal Kingdom, and Epcot) in two days. It was way too much. This time, we did just two parks (Magic Kingdom and Animal Kingdom) in four days. Even with all that time, we covered only about half of each park, but it was more important to us to take lots of breaks and really savor the things we did than to try to see everything. And hey, we had to save something for next time, right?

Go on a date! On our second trip, we were lucky enough to have my sister-in-law traveling with us, and one night she babysat while Adam and I escaped for a rare date—dinner at Citricos, an upscale restaurant at Disney's Grand Floridian Resort & Spa with a view of the fireworks, and drinks afterward. It was a treat to get some special couple time in the middle of a very family-oriented

vacation. P.S. If you don't have an awesome sister-in-law handy, you can arrange in-room babysitting with a service called Kid's Nite Out through your hotel.

Savor the little moments.

As much as we all loved the big attractions, some of my favorite memories were the tiny moments you just can't plan: the three of us sharing a giant smoked turkey leg, feeding bits of it to the birds (and yes, I know that feeding turkey to birds is all kinds of wrong). Boogying with Cinderella's stepsisters at a little dance pavilion set up for Mickey's Very Merry Christmas Party. Hanging out at the dinosaur-themed playground in Animal Kingdom and watching Rose go down the slides over and over and over. Even in the rush to see all our favorite attractions, we made sure to slow down enough to leave space and time for those magic moments to happen.

But no matter how much you slow down and take it easy, a Disney vacation is exhausting. So when we got back home, we vowed that we wouldn't return for five years. Then, days later, Adam discovered a documentary about the building of Disney World. We all sat watching it, caught up in the behind-the-scenes story of this place we'd just started to get to know. "I kind of want to go back," Adam said. "Me too!" I replied with a smile. And Rose, of course, squealed "Yay! Let's go to Disney!" I wonder how long it will take us to save up for our next trip.... **R**

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“My wardrobe malfunction”



Readers' tales of blush-worthy clothes calls.

Showstopper



I worked as a country music DJ, and I was sent to do a broadcast at a rowdy bar. One of my duties was getting up to talk to the crowd and introduce the live band. I was wearing my favorite pair of jeans, but since I'd recently gained a little weight, I wore control-top panty hose underneath. As I strutted the stage, the crowd stared at me and went wild; I basked in the spotlight, thinking that my charisma was working its magic. When I left the stage, my friend told me that my zipper was down; I looked and saw that my jeans had pulled wide open from one hip to the other! I hadn't noticed because of the tight hose I was wearing. No wonder everyone was screaming and hollering at me!

Rebecca Hill, Los Angeles

Sunday best



Our church was putting together a directory and made appointments for each family to have their photos taken for inclusion in the book. I loaded my crew into our van and headed off to our appointment. Just as the photographer was about to snap our picture, one of the older “church ladies” came rushing up and exclaimed, “Oh, Mama! Modesty, please! This is a church photo, after all!” As I looked down to see what all the fuss was about, she adjusted my bra and blouse, which I guess was open a little too much for her taste. To make matters worse, she gave my boobs a little parting pat as she turned to leave! Upon her exit, my family and the photographer burst into hysterics, and I must admit, I had a pretty good laugh as well.

Susan Carnahan-Obbink, Lower Burrell, PA

The great divide

I was working my first “real” job in an office as the front-desk receptionist and sales assistant. One day, I got up to walk across the room and tripped on a phone wire; I didn't fall, but I heard an ominous rip

from behind me. I reached back and discovered the three-inch slit at the back of my skirt had ripped another eight or nine inches, leaving me pretty exposed! I tried to hurry back to my desk, but of course, I didn't make it before several people saw my “assets.” I didn't have a change of clothes, so a coworker ran out and picked up some clothes I had at the dry cleaner. That day took forever to end!

Carissa Smith, Brethren, MI

Change of luck



My husband and I were in Las Vegas celebrating our anniversary. I awoke early the morning after we arrived and decided to take a walk before my husband got up. Not wanting to disturb him, I grabbed the shirt I'd worn the previous night and pulled on some shorts in the dark. I'd made an effort to get in shape, and I was feeling pretty good about myself; my confidence showed, and when I got to the hotel lobby, the doorman told me how pretty I looked. After my walk, I met my husband in the hotel restaurant. Once we were seated, I excused myself to use the restroom—and did a double take when I looked in the mirror there. In the dark, I'd pulled my shirt on inside out, and I'd strutted around Las Vegas that way for hours.

Gwen Toth, Lancaster, OH

Grin and bare it

I was breast-feeding my newborn son in a super-market parking lot before I went in to do my shopping, and I was wearing a nursing shirt with a flap that opened so I didn't have to take the whole thing off. I finished feeding him, put him in his carrier, got out of the car, and started crossing the parking lot. I noticed an older gentleman staring at me, and I smiled. I then looked down to check on the baby, and saw that I'd forgotten to close my nursing flap. My boob was hanging out for all the world to see!

Kristin Shoaf, via email

Have you had an “oops” moment with an animal (a pet gone wild, say, or a dive-bombing pigeon)?

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6. **Saving for a new home, car, vacation, etc.**
7. **Want to be my own boss - set my own hours**
8. **The economy destroyed my retirement plan**
9. **Great to make money in my spare time**
10. **Want to be home more for my family**

Where Are You on The List?

These were the TOP REASONS cited by both men and women to start their own work-from-home business. What are your reasons? A word of caution though – not all work from home opportunities are created equal. You'll find scams, pyramid schemes, and multiple companies who want you to send them money up front. Not at **IncomeAtHome.com**.



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Tired of living Paycheck-to-Paycheck Karen & Curt, Milwaukee, Wisconsin

"We had maxed out our credit cards and we were living check to check. With four teenagers, we worried about how we were going to pay for clothes, cars and college. When I heard about **IncomeAtHome**, I decided to get started right away. By the third month, I was banking more than \$2,600. After only 18 months, I was consistently earning more than \$7,000 a month. I'm now earning a six-figure income, and paying cash for college. I'm so glad I found a way out of the rat race!"



Not enough time for kids Anne & Mark, Vancouver Island, BC

"With our schedules, our kids spent more time at day care than they did with us. We heard about **IncomeAtHome.com** on the radio and decided to take a 'leap of faith.' Our first month, working part-time, we earned nearly \$900. We were hooked! The step-by-step process and the support of our personal business coach had us on the fast path to really living our dreams. Within 18 months, our kids had two stay-at-home parents."

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30 readers will each win a stationery prize pack from betweenthesheets.co.com. The prize includes more than 30 note cards, envelopes, and address labels. Funky-retro or simple and modern—the design is up to you. Value of set, \$50.

Tropical adventure

1 reader will win a 5-night, 6-day tour of Honduras for 2 from letsgo.honduras.com. Settle in at San Pedro Sula before enjoying breakfast and a city tour, then spend 2 days in Copan exploring ruins and a local museum. Then head to Tela Beach for fun in the sun before returning to San Pedro Sula for one last tour. Round trip airfare included. Total retail value, \$1,992.



Olympic win

9 readers will each win a Winter Olympics prize pack from Procter & Gamble Beauty. Sport official Team USA gear, including a beanie and hoodie personally autographed by a 2010 Winter Olympic athlete and a duffel bag of top-performing products including CoverGirl and Olay. Value of set, \$175.

In the jeans

8 readers will each win a gift certificate to indidenim.com. The site allows you to custom-design a pair of jeans, made just for you, by you. Value of each, \$200.



Bird's-eye view

Check in on the baby or make sure your house is safe while you're away. 5 readers will each win a personal video network from vuezone.com. Each package includes 2 miniature Vue cameras, 4 wall mounts, a gateway, 2 GB of storage, and a 1-year subscription to a my.vuezone.com personal account, where you can log on to watch live video. Value of set, \$300.



Crib note

5 readers will each win an environmentally friendly crib mattress from Kolcraft & Crypton Super Fabrics. The soybean core provides a supportive sleep surface for baby, and an earth-friendly bamboo cover is resistant to bacteria and allergens. Sweet (green) dreams! Value of each, \$337.



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Shopping Guide

TREND FLASH: IN BLOOM

PAGE 35: Carol's Daughter **Pedicure Soak**, \$12.50; carolsdaughter.com. H&M **shirt dress**, \$40; hm.com for locations. 80%20 **wedges**, \$98; amazon.com. Ahava **Body Wash**, \$21.50; ahavaus.com. Tarte **Eyeshadow Palette**, \$44; sephora.com. sephora.com. Sonia Kashuk **Cosmetic Bag**, \$25; target.com.

TREND FLASH: MINTY FRESH

PAGE 36: Janna Conner Designs **bangles**, \$74 to \$105; jannaconner.com. Mally Beauty Liquid **Eyecolor**, \$35; QVC. qvc.com. Ole Henriksen Muscle Comfort **Lotion**, \$28; sephora.com. olehenriksen.com. sephora.com. Fantas-Eyes **sunglasses**, \$15; Fashion Bug. Ebisu Handbags **bag**, \$50; 800-606-8892, ebisuimport.com. Mark **ring**, \$14; meetmark.com. Hilary London **ring**, \$69; hilarylondon.com. China Glaze Re-Fresh Mint **Nail Lacquer**, \$6.50; Sally Beauty Supply, sallybeautysupply.com. Sula Beauty Paint & Peel **Nail Polish**, \$9; sula-beauty.com. Essie **Nail Polish**, \$8; essieshop.com. Faded Glory **scarves**, \$5 each; Wal-Mart. Izod **top**, \$45; izod.com for store info.

RED CARPET TO REDBOOK

PAGE 42: Sebastian Microweb Fiber **texturizing cream**, \$18; sebastianprofessional.com for salons.

BEAUTY CHECKLIST

PAGE 44: Skin Effects by Dr. Jeffrey Dover Cell2Cell **Dermal Filler**, \$20; CVS. cvs.com. Chanel Rouge Coco hydrating **crème lip colour**, \$30; chanel.com.

IS YOUR FACE OLDER THAN YOU ARE?

PAGE 50: For info on **Latisse**: latisse.com. For info on **Restylane**: restylane.com. For info on **Juvederm**: juvederm.com. For info on **Sculptra**: sculptraaesthetic.com. Christi Harris Precision **Brow Planing System**, \$40; christiharris.com. Talika **Eyebrow Lipocils**, \$40, and **Eyebrow Extender**, \$35; talika.com. Living Proof **Full Thickening Cream**, \$14; sephora.com. livingproof.com. **PAGE 51:** For info on **Retin-A**: retinamicro.com. For info on **Renova**: aboutrenova.com. For info on **Atralin**: atralingel.com. Peter Thomas Roth Beta Hydroxy Acid 2% **Acne Wash**, \$35; sephora.com. For info on **Alloderm**: lifecell.com/products/95.

PRETTY WOMEN

PAGE 54: Soap & Glory **Bubble Bath**, \$10; Target stores. target.com. **PAGE 55:** London Fog **trench**, \$90; macys.com. Pura Lopez **boots**, \$660; endless.com. Bryna Nicole **bag**, \$480; brynanicole.com. Hamilton Jewelers **bangles**, \$295 each; hamiltonjewelers.com. Sophia & Chloe **bangles**, \$110 each; sophiaandchloe.com. Links of London **bracelets**, \$180 to \$195; linksoflondon.com. **PAGE 57:** Theia **dress**, \$550; Bloomingdale's. Spanx **panty hose**, \$26; spanx.com. Jessica Simpson **heels**, \$79; shoebuy.com. Swarovski **bag**, \$850; Swarovski boutiques. 800-426-3088 or swarovski.com for locations. Amrita Singh **cuff**, \$150; banglebangle.com. **PAGE 58:** Andy The-Anh **dress**, \$495; andytheanh.com. Elaine Turner **clutch**, \$225; Elaine Turner Stores. 800-524-2415, elaineturner.com. **PAGE 59:** Jovani **gown**, \$500; jovani.com. Greatlookz **gloves**, \$42; amazon.com/apparel. Roberta Chiarella **necklace**, \$298; robertachiarella.com.

18 EASY INSTANT UPDATES

PAGE 122: Dimri **top**, \$30; hotitemsonline.com. Viv+Ingrid **earrings**, \$41; vivandgrid.com. **PAGE 123:** West Elm **rug**, \$99, **table**, \$129, and **vase**, \$24; 888-922-4119, westelm.com. **PAGE 124:** (Tip 3) Banana Republic **top**, \$98; banana-republic.com. Uniqlo **tee**, \$16; 877-4-UNIQLO, customer.orders@uniqlo-usa.com. (Tip 4) Keratin Complex **Smoothing Therapy** by Coppola, \$300 and up; keratincomplex.com for salons. (Tip 5) CND **Colour**, \$9; cnd.com for info. Simply Vera Vera Wang

cardigan, \$58; Kohl's, kohls.com.

PAGE 125: (Tip 6) Kaarskoker **candle sleeves**, \$12 to \$21; kaarskoker.com. Progress Lighting **chandelier**, \$26; The Home Depot, homedepot.com. (Tip 7) SimpleMat **tile kit**, \$26; homedepot.com for store locations.

PAGE 126: (Tip 8) Jean Paul Gaultier for Target **top**, \$23; 800-800-8800 for store locator, target.com. Gold 'N Hot **Triple Barrel Waver**, \$30; sallybeauty.com. (Tip 10) Bucks County Frames **photographs**, \$35 each; buckscountyframes.etsy.com. CB2 **pillow**, \$35; cb2.com. West Elm **throw**, \$69; westelm.com. HomeGoods **bird**, \$15; homegoods.com for stores. Crate and Barrel **table**, \$80; crateandbarrel.com.

PAGE 127: Dimri **top**, \$30; hotitemsonline.com. The Limited **cardigan**, \$45, and **skirt**, \$60; thelimited.com. Christian Siriano for Payless **pumps**, \$35; select Payless ShoeSource stores, payless.com.

PAGE 128: The Vera Company **scarf**, \$88; thevera-company.com. I ♥ Ronson for JCPenney **trench**, \$60; JCPenney, 877-FIND-JCP for locations. Uniqlo **cardigan**, \$40, and **tee**, \$16; 877-4-UNIQLO, customer.orders@uniqlo-usa.com.

PAGE 129: Cotton Nelson **fabric**, \$20 per yard; calico.com. for stores. CB2 **lamp**, \$100; cb2.com.

PAGE 130: (Tip 14) Nail-head **trim**, \$15; joanns.com for locations. (Tip 15) Derek Jeter Driven Sport **fragrance**, \$23; 800-FOR-AVON or avon.com for representatives. Nautica Oceans **fragrance**, \$49; nautica.com. (Tip 16) HerCut **Haircare for Your Haircut**, hercut.com. **Revolution In Cut** by Ric Pipino, beauty360.com for more info. Sally Hersherberger **Luxe Layers Trio**, hsn.com. (Tip 17) Delicate Raymond **bracelets**, \$40 to \$98; delicate-raymond.com. Ann Taylor **top**, \$68; ann-taylor.com.

PAGE 131: Franco Sarto **flats**, \$79; zappos.com. K. Bell **socks**, \$5; joyofsocks.com. Fluxus **vest**, \$69; fluxusbrand.com. Enza Costa Rogue **tank**, \$115; revolveclothing.com. Tibi **pants**, \$198; Tibi Store, NYC, 212-226-5852.

Sweepstakes Rules

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Correction

In our February 2010 issue, we omitted credits for the pillows on our cover. The white pillow is available at westelm.com; the green pillow is available at hudsonboston.com. Also, some stylists who worked on our cover were miscredited. The correct credits are: Makeup: Gita Bass for Exclusive Artists. Manicure: Shayna Shirazi for Boston Minute.

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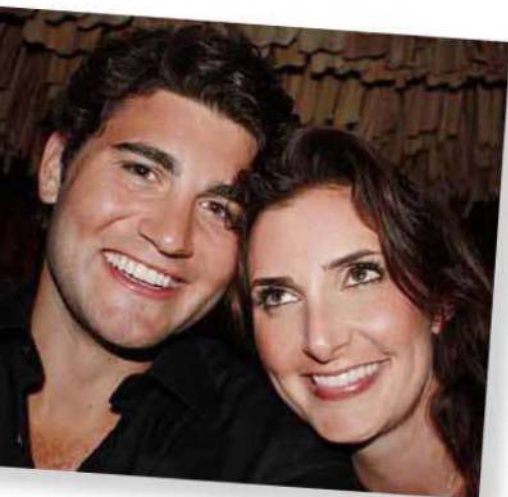
REAL



I'm a single mom to 4-year-old Caleb, who has hearing loss, and I'm a business owner, so every day is different, messy, and exciting in its own way. I've found a great school for my son and have watched him accomplish way more than I ever imagined—he talks and sings nonstop! My company, One Fit Mama, embraces the idea that moms can take care of their children and themselves by leading them in exercise routines they can do while they're pregnant and with their babies. Running my own business can be challenging and chaotic, but it's also so rewarding: I make my own hours, and my son often comes to work with me. I've recently met a great man who is understanding and patient about my busy life, and we are trying our best to make things work: While hiring a babysitter for date night can be expensive, getting out and being able to be a grown-up instead of just Mommy is pure therapy for me! —Tricia Streit Perez, 34, Oreland, PA

Passionate

Whether I'm spending time with my amazing husband and two great daughters, working at my awesome job at an office and school supplies company, or contributing to the charities I support, I jump into all that I do with both feet. In response to a neighborhood rezoning, I'm currently working with my community to create a new public school that provides equal educational opportunities to all students in the affected neighborhoods. I'm also thrilled to be a board member of Dress for Success Charlotte, which helps disadvantaged sisters in our community get interview-appropriate suits. My attitude is, if I'm going to give my time, talents, and energy to something, then I should give it all I've got. Being passionate keeps me energized and engaged with my life. —April Barnhardt Whitlock, 40, Charlotte, NC



Kitchen

I grew up helping my mother make wonderful meals for our family, and I've carried that passion for cooking—and eating!—into my adult life. I love to prepare big ol' home-cooked feasts for my husband and my friends. Although my hectic work schedule doesn't allow me to cook much during the week, on the weekends my husband and I love to bond by cooking. We stroll through farmers' markets, specialty shops, and grocery stores to find the freshest meat and produce, and then we spend the day in the kitchen: We cook, we listen to music, we drink wine, and we just hang out. We make a huge mess, and a few hours later we end up with a tasty meal to sit down to and enjoy! I always look forward to this weekend tradition. —Taryn Proler, 27, New York City

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